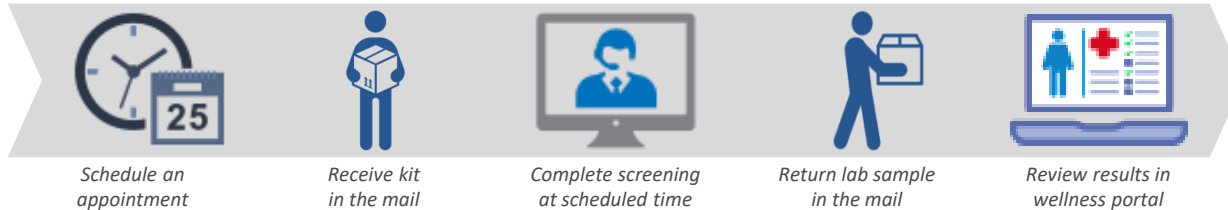


Virtual Health Screening

A convenient, reliable, and safe alternative to onsite health screening events!

How does it work?



Convenient, Safe, and Secure:

- ✓ Individual virtual appointments and WebEx events will be held on a variety of dates and times including second shift and weekends to accommodate all employees and spouses/partners who wish to participate.
- ✓ Individual virtual appointments are just 15 minutes; WebEx events last 30 minutes including an overview of ideal result ranges and next steps for the Power Your Health program.
- ✓ Scheduling is conveniently located on the wellness portal at alliantenergypoweryourhealth.com.
- ✓ Results are securely collected, processed, and loaded to your wellness portal account within two weeks.

Self-Collection:

- ✓ You will collect your own blood sample with a simple fingerstick home kit during the virtual health screening WebEx (*biometric measurements including height, weight, and blood pressure will be self-reported via the online Wellness Assessment*).
- ✓ If preferred, a member of the household can support with the fingerstick screening.

Realtime Support:

- ✓ Health Solutions Examiner will walk through proper collection and will instruct on how to package and mail sample for processing at the lab.

Virtual Health Screening

What to expect before, during, and after.

Before your Virtual Screening

Upon receiving screening kit

- Open your mailed lab screening kit and confirm that it contains:
(Do not open items in advance.)
 - Blood separation device (silver package)
 - Test request form
 - Alcohol prep pad
 - 2 lancets (needles)
 - Gauze pad
 - Bandage
 - Return envelope with postage

12 hours in advance

- If you do not receive your kit, or if you forget to fast, a [video recording](#) is available to watch and complete your testing.
- Read through the instructions to prepare for your screening.
- Refrain from food or beverages for 10 to 12 hours prior to your screening.
- Drink plenty of water the night before and the morning of your screening.
- Take medications as normal if not required to be taken with food.

5 minutes in advance

- Open all the screening supplies and place on a clean surface in front of you.
- Complete the request form included in your kit.
- Close all applications and additional browsers on your device – especially those that may access video or audio.
- Be prepared 5 minutes before your appointment with washed hands (free of lotion).

During your Virtual Screening

- Access your Virtual Health Screening event at the link provided in your appointment notifications.
- During both individual appointments and WebEx events, your Health Solutions Examiner will walk you through proper self-collection of your blood sample via fingerstick and instruct you on how to package and mail sample for processing.

After your Virtual Screening

- Mail the lab sample back within 24 hours using the pre-paid envelope enclosed in the kit.
- Eat a nutritious meal and drink plenty of water.
- Your results including glucose, A1C, lipid panel (total cholesterol, LDL, HDL & Triglycerides), and PSA for males over 50, will be available in your personal wellness portal at alliantenergypoweryourhealth.com within two weeks.