



The services included in the MDVIP Wellness Program will be completed in two visits. The first visit will consist of lab draws, screenings and diagnostic tests that will require about 45-60 minutes to perform. Your follow-up visit to discuss your results and wellness plan for the year will take place about 10-14 days from your first visit and will be scheduled for at least an hour.

It will be necessary for you to fast the evening prior to your first visit, but please continue to drink unsweetened clear fluids that evening and the morning of your appointment.

## Preparing for your **MDVIP** Wellness Program services

### Additional preparations:

- Eat a normal dinner the evening before your appointment.
- Do not eat seafood the evening before your appointment (it interferes with one of the blood tests).
- Do not eat any food after dinner the night before your appointment.
- Drink plenty of fluids the night before and the morning of your appointment.

### The following tests will be performed:

- ✓ Blood draw: We will obtain a blood sample to perform a number of tests focused on determining your risk for heart disease, diabetes and other key conditions. These studies are sent to Cleveland HeartLab for testing.
- ✓ Hearing screen
- ✓ Vision screen
- ✓ Spirometry: This test measures lung function and is a good screener for asthma and COPD.
- ✓ Body Composition Analysis: We use a special scale that measures weight, body mass index, percent body fat and basal metabolic rate.
- ✓ Ankle-Brachial Index Study: This test is a screening tool for peripheral vascular disease. We will place blood pressure cuffs on your upper arms and ankles and measure systolic blood pressure as well as blood flow to the feet.
- ✓ Electrocardiogram: This test measures your heart rate and rhythm.
- ✓ Agility Assessment: This test is a screening tool for physical capacity. A hand dynamometer is used to measure grip strength, and a walking test is performed to measure gait speed.

### Health Assessment

- Remember to complete your Health Assessment forms prior to your follow-up visit.

## **AWP Part 1 Testing**

### **Ankle-Brachial Index**

The ankle-brachial index is a measurement that helps screen for peripheral vascular disease. If present, this value can provide the physician a greater indication of the severity of the disease so it can be better addressed.

### **Pure Tone Audiogram**

A pure tone audiogram that screens for hearing loss and to help establish the origin, whether from involvement of the auditory apparatus or secondary to nerve involvement.

### **Electrocardiogram (EKG) Screening**

EKGs are used to help screen for heart rhythm disturbances and cardiac damage, such as results from heart attacks.

### **Pulmonary Function Testing (Spirometry)**

Pulmonary function screening is utilized to better determine how well the patient's lungs and airways are working. Analysis of this testing can help with earlier intervention, as well as assessment of the severity of pulmonary disease states.

### **Comprehensive Visual Screening**

This screening helps assess visual acuity, muscle balance, depth and color perception, and peripheral field to improve screening for visual problems and tumors.

### **Body Composition Analysis**

Body composition analysis evaluates the balance between muscle and fat. It helps measure factors such as basal metabolic rate, body fat percentage and skeletal muscle mass percentage. This analysis can help determine if more fat than realized is being carried and if that fat is increasing risk for heart disease, diabetes and more.

### **Grip Strength**

This measurement gives better insight into muscle capacity which can assist in identifying patients who may be at an increased risk for cardiovascular disease and muscle deterioration. Measuring at younger ages helps the physician to develop a baseline and monitor changes over time for earlier intervention.

### **Gait Speed**

Gait speed assesses a patient's mobility and overall physical activity to better identify patients who may be at an increased risk for falls, functional impairments, and cognitive decline. Screening at younger ages helps with earlier intervention.