



ON SITE HEALTH SERVICES

Immunization services

Mile Hi Immunizations is the leading provider of community based influenza and pneumonia immunizations in the Denver area. These services are provided at employer sites, schools, churches, athletic clubs, senior centers and community centers. We also provide a variety of other immunizations. A strong commitment to customer satisfaction with an emphasis on "quality of care" allows us to provide excellent services, positively influence health lifestyle choices, and lower health care costs.

Mile Hi Immunizations has been providing influenza and other immunization services since 1992. The primary focus of these clinics is to offer accessible, low cost vaccinations to the "general population" via client service programs, corporate employer based programs, health and fitness centers, property managers, schools and community social programs...

Mile Hi provides the following immunizations:

Influenza Vaccine	Recommended for persons 6 months and up. You cannot get a flu vaccine if you are allergic to eggs, chicken, chicken feathers, etc	\$25
FluMist	A needle free, nasal vaccine for healthy persons ages 2 - 49.	\$35
Pneumonia -	Age 18 & up. This vaccine protects for 5 years from 23 strains of bacterial Pneumonia.	\$50
TDaP Vaccine (Tetanus, Diphtheria, and Pertussis)	<i>Children age 11 - 18 need written parental permission.</i> This is a combination vaccine that protects for 10 years against Tetanus, Diphtheria and Pertussis (Whooping Cough).	\$50
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Shingles Vaccine -	One time only vaccination. Indicated for adults over 60 years of age.	Based on volume
Meningococcal Vaccine -	<i>Recommended for ages 11 to 12 or before entering college.</i> Protects against 4 types of meningococcal disease.	Based on volume
TB (Tuberculosis) Vaccine	Tuberculosis (TB) is a bacterial infection caused by a germ. The bacteria usually attack the lungs, but they can also damage other parts of the body.	\$35



On-site Health Screening Services

Mile Hi provides on site health screenings at corporate and other locations. These low cost screenings allow individuals, employers, and insurers the opportunity to conveniently obtain low cost services while addressing preventative healthcare needs. We can customize programs for any client's specific needs.

- **Comprehensive on-site health screenings** include clinical tests- e.g. b, laboratory blood analyses (e.g. PSA), cholesterol screenings and immunizations.
- **Body Mass Indexing & Blood Pressure** - BMI is a reliable indicator of total body fat, which is related to the risk of disease and death.
- **Specimen collection services** provide qualified staff to collect urine, blood and other samples for testing and screening purposes.
- **Venipuncture and other detailed Lab Tests** also available for screening purposes. Request specific information.

Screening events are conducted between the hours of 6am and 5pm Monday through Friday. Screening events are staffed based on the estimated number of participants and a screening rate of six participants per examiner per hour. Prices are based on volume.

Blood Lipid Panel

This test provides total cholesterol, HDL cholesterol ("Good" Cholesterol), triglycerides, LDL ("Bad" Cholesterol), and the ratio of total cholesterol to HDL. It also includes Glucose for Diabetes screening. This lipid profile is highly recommended for those who are currently working on lifestyle changes to affect their cholesterol levels or for those who would like a more comprehensive consultation with their primary care provider.



BLOOD VALUES			
HDL (GOOD CHOLESTEROL)	60 MG/DL AND OVER	41 - 59 MG/DL	BELOW 40 MG/DL
LDL (BAD CHOLESTEROL)	UNDER 100 MG/DL	130 - 159 MG/DL	OVER 160 MG/DL
TOTAL CHOLESTEROL	UNDER 200 MG/DL	201 - 249 MG/DL	OVER 240 MG/DL
TRIGLYCERIDES	UNDER 150 MG/DL	150 - 199 MG/DL	OVER 200 MG/DL
CARDIAC RISK RATIO	3.5 AND BELOW	3.6 - 5.9	6.0 AND OVER

HDL - is considered the "good cholesterol" because it helps return cholesterol to the liver, where it can be eliminated from the body. As a rule, you want your HDL cholesterol high.

LDL - is a lipoprotein that carries cholesterol through the bloodstream as LDL cholesterol, or LDL-C. If you have too much LDL-C circulating in your bloodstream, it can lead to the buildup of plaque in your arteries. That's why it's so important to talk to your doctor. As a rule, you want to keep your LDL-C low.

Triglycerides - are another fat produced by the liver and also found in food. Like high cholesterol, they can be dangerous to your health. As a rule, you want to keep your triglycerides low.

Additional Lab Tests available:

- Venipuncture
- Glucose Total Protein BUN Creatinine
- Alkaline
- Phosphatase
- Glycated Serum
- Protein AST ALT
- GGT Total Bilirubin Albumin Globulin
- ALB/GLO Ratio Triglycerides Cholesterol HDL
- LDL Chol/HDL Ratio LDL/HDL Ratio
- PSA



Body Mass Indexing

Risk of Associated Disease According to BMI and Waist Size			
BMI		Waist less than or equal to 40 in. (men) or 35 in. (women)	Waist greater than 40 in. (men) or 35 in. (women)
18.5 or less	Underweight	--	N/A
18.5 - 24.9	Normal	--	N/A
25.0 - 29.9	Overweight	Increased	High
30.0 - 34.9	Obese	High	Very High
35.0 - 39.9	Obese	Very High	Very High
40 or greater	Extremely Obese	Extremely High	Extremely High

According to the NHLBI (National Heart, Lung and Blood Institute) guidelines, assessment of overweight involves using three key measures:

- **body mass index (BMI)**
- **waist circumference, and**
- **risk factors for diseases and conditions associated with obesity.**

The BMI is a measure of your weight relative to your height and waist circumference measures abdominal fat. Combining these with information about your additional risk factors yields your risk for developing obesity-associated diseases.

What is Your Risk?

BMI is a reliable indicator of total body fat, which is related to the risk of disease and death. The score is valid for both men and women but it does have some limits. The **limits** are:

- It may **overestimate** body fat in athletes and others who have a muscular build.
- It may **underestimate** body fat in older persons and others who have lost muscle mass.



High Cholesterol Basics

Cholesterol is a waxy, fat-like substance made in the liver and found in certain foods, such as food from animals, like dairy products (whole milk), eggs and meat.

The body needs some cholesterol in order to function properly. Its cell walls, or membranes, need cholesterol in order to produce hormones, vitamin D and the bile acids that help to digest fat. But, the body needs only a small amount of cholesterol to meet its needs. When too much is present health problems such as coronary heart disease may develop.

Types of Cholesterol

Cholesterol travels through the blood attached to a protein -- this cholesterol-protein package is called a lipoprotein. Lipoproteins are classified as high density, low density, or very low density, depending on how much protein there is in relation to fat

Low density lipoproteins (LDL): LDL, also called "bad" cholesterol, can cause buildup of plaque on the walls of arteries. The more LDL there is in the blood, the greater the risk of heart disease.

High density lipoproteins (HDL): HDL, also called "good" cholesterol, helps the body get rid of bad cholesterol in the blood. The higher the level of HDL cholesterol, the better. If your levels of HDL are low, your risk of heart disease increases.

Very low density lipoproteins (VLDL): VLDL is similar to LDL cholesterol in that it contains mostly fat and not much protein.

Triglycerides: Triglycerides are another type of fat that is carried in the blood by very low density lipoproteins. Excess calories, alcohol or sugar in the body are converted into triglycerides and stored in fat cells throughout the body.

What Factors Affect Cholesterol Levels?

Diet. Saturated fat and cholesterol in the food you eat increase cholesterol levels. Try to reduce the amount of saturated fat and cholesterol in your diet.

Weight. In addition to being a risk factor for heart disease, being overweight can also increase your cholesterol. Losing weight can help lower your LDL and total cholesterol levels, as well as increase HDL cholesterol.

Exercise. Regular exercise can lower LDL cholesterol and raise HDL cholesterol. You should try to be physically active for 30 minutes on most days.

Age and Gender. As we get older, cholesterol levels rise. Before menopause, women tend to have lower total cholesterol levels than men of the same age. After menopause, however, women's LDL levels tend to rise.

Diabetes. Poorly controlled diabetes increases cholesterol levels. With improvements in control, cholesterol levels can fall.

Heredity. Your genes partly determine how much cholesterol your body makes. High blood cholesterol can run in families.

Other causes. Certain medications and medical conditions can cause high cholesterol.



About Diabetes

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

There are 23.6 million children and adults in the United States, or 7.8% of the population, who have diabetes. While an estimated 17.9 million have been diagnosed with diabetes, unfortunately, 5.7 million people (or nearly one quarter) are unaware that they have the disease.

In order to determine whether or not a patient has pre-diabetes or diabetes, health care providers conduct a Fasting Plasma Glucose Test (FPG) or an Oral Glucose Tolerance Test (OGTT). Either test can be used to diagnose pre-diabetes or diabetes. The American Diabetes Association recommends the FPG because it is easier, faster, and less expensive to perform.

With the FPG test, a fasting blood glucose level between 100 and 125 mg/dl signals pre-diabetes. A person with a fasting blood glucose level of 126 mg/dl or higher has diabetes.

In the OGTT test, a person's blood glucose level is measured after a fast and two hours after drinking a glucose-rich beverage. If the two-hour blood glucose level is between 140 and 199 mg/dl, the person tested has pre-diabetes. If the two-hour blood glucose level is at 200 mg/dl or higher, the person tested has diabetes.

Major Types of Diabetes

Type 1 diabetes

Results from the body's failure to produce insulin, the hormone that "unlocks" the cells of the body, allowing glucose to enter and fuel them. It is estimated that 5-10% of Americans who are diagnosed with diabetes have type 1 diabetes.

Type 2 diabetes

Results from insulin resistance (a condition in which the body fails to properly use insulin), combined with relative insulin deficiency. Most Americans who are diagnosed with diabetes have type 2 diabetes.

Gestational diabetes

Immediately after pregnancy, 5% to 10% of women with gestational diabetes are found to have diabetes, usually, type 2.

Pre-diabetes

Pre-diabetes is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes. There are 57 million Americans who have pre-diabetes, in addition to the 23.6 million with diabetes.