



Autumn DeRoo, is a GVSU staff member, with the Information Technology Department at the Eberhard Center and has been with the GVSU Community for over 5 years. She is excited about the many benefits offered through the Health & Wellness Department. Last year, Autumn had the opportunity to take part in the Know Your Numbers GVSU! Clinical Health Risk Assessment Campaign. The assessment offered Autumn a broad perspective on proactive health solutions.

The "Know Your Numbers GVSU" program involves a Clinical Health Risk Assessment (CHRA), which is provided each year for all benefit eligible faculty and staff members. It provides a single, quantitative measure that represents a picture of each person's overall health status and is calculated using six key health factors including Systolic Blood Pressure, Diastolic Blood Pressure, LDL Cholesterol, Glucose, Triglycerides and Smoking. Additional tests include Blood Chemistry Profile, Complete Blood Count, Prostate Screening and Thyroid Screening, as well as sleep and emotional health profiles.

Autumn is excited to share the convenience and confidentiality of the "Know Your Numbers GVSU" program. She easily scheduled her on-location appointment that took hardly any time from her busy day. Shortly after the assessment, Autumn received a comprehensive package in the mail, which gave her a breakdown of the various screening results. She was given ample information and resources to address any questions or concerns. Participants have the option to email results to their physician or take printed results with them to the next routine appointment. This assessment is provided to supplement, not replace, the relationship with your health care provider, along with access to health coaching.

*"At my age, often times physicians do not conduct such in depth testing.
It's nice to have the assurance and such a wonderful benefit!"*

Autumn enjoys leading a healthy and active life style. She has participated with Health & Wellness' Virtual Race and often stops to get her blood pressure checked at one of the on-location information tables. She encourages others to continue their preventive health solutions for optimum results, by utilizing the many benefits available to GVSU faculty and staff.

Registration is *NOW OPEN* for screenings in January. For more information call Interactive Health Solutions at 1-800-840-6100 or visit our web site www.gvsu.edu/healthwellness/.