

City of Bryan Wellness Screening Form

Schedule an appointment with your medical provider. Take this form with you to your appointment. Have your provider complete the form and sign it. Include this form in your packet along with the authorization form when you return it to the City of Bryan/BISD Employee Health Center or to Risk Management.

All lab work should be fasting and completed July 1, 2026 or after. A result packet will be mailed to your home address within two weeks after submitting your packet. Your result packet will indicate if you need to follow-up with a medical provider in order to receive the healthy lifestyle premium.

Patient Name: _____ **Date of Birth:** _____

Email Address: _____

Daytime Phone Number: (_____) _____

The information below should be completed by a medical professional.

<u>TEST</u>	<u>YOUR RESULTS</u>
Height	_____ ft. _____ in.
Weight	_____ lbs.
Blood Pressure – Required for Healthy Lifestyles Program Blood pressure monitoring is used to detect hypertension, a risk factor for heart disease and stroke.	Systolic _____ mm/Hg Diastolic _____ mm/Hg
Total Cholesterol – Required for Healthy Lifestyles Program Cholesterol is a fat-like substance and although a certain amount is needed for proper body function, too much can build up in the arteries and put you at risk for heart disease and stroke.	_____ mg/dL
HDL – Required for Healthy Lifestyles Program HDL stands for high-density lipoprotein. HDL can be thought of as the “good” cholesterol. A healthy HDL may protect against heart attack and stroke.	_____ mg/dL
LDL – Required for Healthy Lifestyles Program LDL stands for low-density lipoprotein. LDL is considered “bad” cholesterol because it can slowly build up in the walls of your arteries. Together with other substances, it can form plaque that clogs the arteries. If a clot forms, blood flow can be blocked, causing a heart attack or a stroke.	_____ mg/dL
Hemoglobin A1C A1C measures how much sugar is attached to the blood’s hemoglobin protein. It measures how well your body has controlled the amount of sugar in the blood over the past two to three months.	_____ mg/dL
CMP – (Recommended Follow up if Flagged on Lab Results) CMP stands for comprehensive metabolic panel. It measures 14 different substances in your blood. It provides important information about your body’s chemical balance and metabolism.	See lab results
PSA (Men 45 years & older) – (Recommended Follow up if Flagged on Lab Results) PSA stands for prostate specific antigen. PSA measures the amount of prostate-specific antigen in your blood. PSA is a protein produced by both cancerous and noncancerous tissue in the prostate.	See lab results

I have reviewed the above values completed July 1, 2026 or after.

Health Care Professional’s Name (Please Print): _____

Health Care Professional’s Signature: _____

Date: ____/____/____

Phone Number: (_____) _____

**Any falsification of this document may result in disqualification from the City of Bryan’s wellness program.*