

ACC 2010 Blood Draw

Option 1

(For Full-Time/Part-Time Employees, & Spouses)

Schedule your blood draw appointment at an ACC site, listed below:

You must schedule your appointment during the week of

February 22-26, from 9:00am – 1:00pm

1. Call 706-613-3114 or email WellnessTeam@co.clarke.ga.us ONLY during the above time, &

2. Send your registration form to HR

(interoffice mail to Wellness, or email WellnessTeam@co.clarke.ga.us, or fax 706-613-3118).

We welcome group scheduling!

Registration form available at www.athenshr.com under the Wellness Program tab

- Appointments will be available from 7:00am to 9:30am on the dates specified below.
 - March 16 Lexington Police Department
 - March 17 Lyndon House
 - March 18 Fire Station #7 (Barnett Shoals)
 - March 19 Satula Avenue – Copy Center
 - March 22 Satula Avenue – Copy Center
 - March 23 Streets & Drainage
 - March 24 Courthouse
 - March 25 Planning Auditorium
- There will be **no** make-up draw dates or opportunities after March 26, 2010.
- Part-time employees and spouses will pay the blood draw fee of \$17.00 directly to ACC at the time of appointment.
- Do not eat or drink anything (other than water) for a minimum of 6 hours prior to your blood draw. The best result is obtained with a fasting blood specimen. *Diabetics, please speak with your physician for safe fasting techniques.*

Option 2

(For Full-Time Employees & Retirees ONLY)

You may go to the St. Mary's Outpatient Laboratory at 740 Prince Avenue, 12B from March 15 – March 26 (7:30-12:30, 1:00-5:00 Monday – Friday, no appointment necessary). You must present your ACC ID.

This baseline blood draw will provide:

Total cholesterol, HDL (good cholesterol), LDL (bad cholesterol), Triglycerides, Glucose (blood sugar).
Additional blood testing should be completed by your physician in order to ensure accurate management/interpretation of results for your protection.

Results will be available at the ACC Wellness Fair on April 20, 2010. Health educators will be available to analyze your results.

Keep your blood work results in order to complete the FY11 Health Risk Assessment required to participate in the Wellness TIER and WellPOINTS program.