



# Med Center Health®

[VIDEO TRANSCRIPT]

## 90 Seconds to Better Health – Membership Program Screenings

*Sarah Widener, RDN, Director of Health & Wellness*

[MUSIC] [NARRATOR]

90 Seconds to Better Health, brought to you by Med Center Health, the largest healthcare provider in the region.

Med Center Health offers a membership program to connect members with affordable health screenings that will empower them to manage their own health. The cost for a lifetime membership is a one-time fee of 10 dollars. Benefits include annual health screenings for blood sugar level and lipid profile, health and wellness events and programs and more to help you achieve and maintain a healthier lifestyle.

[WIDENER]

So, that lipid profile is going to include your total cholesterol, your HDL cholesterol, LDL cholesterol and your triglycerides. A lot of people have high deductibles, so to offer an affordable labwork option for people that are maybe trying to manage a chronic disease or prevent a chronic disease is huge. And you can go annually and get that blood drawn. So maybe your doctor does a panel once a year and you want to get it done in between there – that's a great option. Or, you can use this option instead and take that labwork back to your physician. You can't manage what you don't measure; so, it's really important that people have these numbers. They understand their risk, they can talk to their healthcare provider about that. And then they can use this moving forward again to manage their healthcare however they need to – again, whether it's prevention or management of a chronic disease.

[MUSIC] [WIDENER]

So, to learn more about this membership, anybody can call us at the Health & Wellness Center. We're at 270-745-1010.