



VITAL HEALTH PROFILE (VHP)

My Health Onsite Offers a FREE Annual Health Assessment

My Health Onsite offers a complimentary personalized health assessment called the **Vital Health Profile (VHP)**, previously known as *Health Risk Assessment (HRA)*, which includes biometric screening and laboratory studies. The VHP gives patients an opportunity to review their results with our medical provider and receive a complete physical.

3 EASY STEPS TO COMPLETE YOUR VHP:

1



Vital Healthy History

History Questionnaire which can be completed at the Health Center or from the Patient Portal

2



Nurse/Lab Visit

Complete Biometrics & Annual Labs

3



Provider Visit

Annual Labs & biometrics are reviewed and physical performed in person or televisit available

Your FREE Annual Labs include the following:

Complete Metabolic Profile (14 Tests Including: Glucose, Electrolytes, Kidney, and Liver Functions). **Complete Lipid Profile** and **Complete Blood Count**. In addition, Reflex labs may be added which are personalized to you.

Based on your history, reflex labs may include:

Hemoglobin A1C, thyroid testing, Uric Acid, Hepatitis C and/or Urine Microalbumin/Creatinine Ratio.



Schedule an appointment today by accessing the patient portal at www.my-patientportal.com or calling the toll free **24-hour Call Center Support Team at: 1-888-644-1448**