

Health Screenings

You and your family member's health is important. The Semper Fit Center offers body mass index (body fat percentage), mental health screenings, general health screenings, and more. Most take only 15 minutes and get you the results before you walk out the door.

General Health Screening

A General Health Screening includes the following: weight, blood pressure, resting heart rate, body fat percentage, lipid panel (total cholesterol, HDL [good] cholesterol, LDL [bad] cholesterol, triglycerides, cholesterol ratio), blood sugar, and Body Mass Index (BMI). This screening requires a 12-hour fast and a small finger prick.

Active / Reservist / Retiree: FREE

All Others: \$20

Total Cholesterol Screening

This screening requires a 12-hour fast and a small finger prick. The American Heart Association recommends testing cholesterol every five years for people aged 20 and up. Total cholesterol reading is a measure of LDL (bad) cholesterol, HDL (good) cholesterol, and triglycerides. A normal total cholesterol reading is less than 200 mg/dL. This is considered a desirable level corresponding to a lower risk for heart disease. Higher cholesterol levels lead to increased risk of several diseases, most notably cardiovascular diseases.

Active / Reservist / Retiree: FREE

All Others: FREE

Lipid Panel Screening

A full lipid panel requires a 12-hour fast and a finger prick, and includes the following: total cholesterol, HDL (good) cholesterol, LDL (bad) cholesterol, triglycerides, and cholesterol ratio.

Active / Reservist / Retiree: FREE

All Others: \$10

Blood Glucose Screening

(Pre-Diabetes / Diabetes Screening) – Do you know your blood sugar level? If your glucose is too high or too low, you may have diabetes. The average fasting blood sugar range is between 70 and 100. One out of four people with diabetes don't even know they have it. Diabetes can strike anyone at any age, but it is more common in certain populations. Symptoms involve frequent urination, extreme hunger, thirst, unusual weight loss, increased fatigue, or blurry vision. Left untreated, diabetes can lead to heart disease, blindness, amputation of arms or legs, and kidney disease. To take steps against diabetes early, know your numbers.

Active / Reservist / Retiree: FREE

All Others: FREE

Body Mass Index (BMI)

The human body is composed of a variety of different tissue types including lean tissues (muscle, bone and organs) that are metabolically active, and fat (adipose) tissue, that is not. Body Mass Index is a measure of the percentage of your composition that is fat. A body mass index which is too high is harmful. For men over 25% fat, and women over 32% fat, there is a dramatic correlation with illness and disease.

Active / Reservist / Retiree: FREE

All Others: FREE

Bone Mineral Density (BMD) Ultrasound

This test is generally used to look for problems. If results from an ultrasound test find low bone density, DEXA is recommended to confirm the results. Ultrasound uses sound waves to measure BMD in your heel. Ultrasound is quick, painless, and does not use potentially harmful radiation like X-rays.

Active / Reservist / Retiree: FREE

All Others: FREE

Resting Metabolic Rate (RMR)

RMR accounts for most of the daily energy expenditure and represents minimum energy needed to maintain all physiological cell functions in the resting state. The principal determinant of RMR is lean body mass. RMR is best assessed when an individual is at rest in a warm environment and has not eaten or exercised for at least 12 hours. RMR decreases with age. Regular cardiovascular exercise and eating frequent small meals/snacks can increase RMR. Other factors can also affect RMR, such as illness, environmental temperature, stress levels, drug use, and the use of certain medications.

Active / Reservist / Retiree: FREE

All Others: \$10

Blood Oxygen Saturation (O₂ Saturation)

A Blood Oxygen Saturation test measures the amount of oxygen circulating in your blood vessels. Normal blood oxygen levels for the average American is about 90 to 100 percent oxygen saturation. This means your body is getting enough oxygen to perform basic functions and your internal organs are performing at their best. If they are not at this level normally, it could be because you're suffering from an ailment that's preventing your body from getting enough oxygen. In these cases, you need to take a look at what could be hurting your blood oxygen levels. Smoking is a big culprit, and can prohibit your body from getting the oxygen it needs.

Active / Reservist / Retiree: FREE

All Others: FREE

Mental Health Screening

This is an opportunity to take an anonymous online screening for the following mental health issues: Depression, Alcoholism, Bipolar Disorder, General Anxiety Disorder, Post Traumatic Stress Disorder (PTSD), and Adolescent Depression. The screening questions are designed so you can review your situation with regard to some of the more common mental health issues. The screening will not provide a diagnosis – for that you will need to see a professional – but will tell you whether you have symptoms consistent with a condition or concern that would benefit from further evaluation or treatment. It will also give you guidance on where to seek further assistance.

Active / Reservist / Retiree: FREE

All Others: FREE