



East Jefferson General Hospital

Cholesterol Screen and Wellness Assessment

You may also wish to include a Cholesterol Screen and Wellness Assessment to compliment your Heart Screen. The Cholesterol Screen, performed by East Jefferson General Hospital staff, includes the following measurements: Total Cholesterol, HDL, LDL, HDL/LDL Ratio, Triglycerides and Glucose.

In addition, a brief Wellness Assessment will be performed which includes height, weight, body composition, body mass index, and waist and hip circumference. A consultation or Wellness Coaching session will provide an explanation of your results.

Wellness Coaching increases awareness of lifestyle related health problems, helps establish realistic goals for change, and provides access to health information or guidance.

How to prepare for your Cholesterol Screen

- Fasting is required 8-12 hours prior to your assessment.
- **Please remain hydrated and drink water only.**
- Please take all required medications as prescribed. If you are a diabetic or have any other medical conditions that may be affected by changes in your nutritional intake, please consult your physician prior to fasting.

The cholesterol screen is not a diagnostic test to determine a medical condition. If you suspect that you have a medical problem, please consult with your physician.

If you have any questions at all, or would like to schedule your Cholesterol Screen and Wellness Assessment, please call SafeHeart at 228-896-6733.