



## PLAN 5

# WELLNESS PREMIUM

Wellness Premium provides a deep dive into your health to paint a more complete picture of your overall wellness.

### Biometric Screening

Physical measurements of your height, weight, waist circumference, BMI.

### Vital Signs

Blood pressure measurement, respiration, heart rate, oxygen saturation, and body temperature.

### Assessment Survey

**Urine Test**

**Health Risk**

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## BASIC HEALTH SCREENING

- Conducted by our certified ship's nurse.
- Personal discussion with the Ship's Doctor to review your results and help you set measurable and achievable health goals.

## COMPREHENSIVE TESTS

- Eye vision Exam, Wisper Test, Gynecological Exam (Females), Breast Exam (Females), Prostate Exam (Males), ECG Pick Flow, Urine Test, CBC, Lipid Panel Plus (Total Cholesterol, HDL, Triglycerides, Glucose, Calculated LDL), Metlyte Plus (Creatinine, Urea Nitrogen, CK, Chloride, Potassium, Sodium, Total Carbon Dioxide, C-Reactive Protein), CRP, General Chemistry 13 (Alanine Aminotransferase, Aspartate Aminotransferase, Gamma-Glutamyl Transferase, Total Bilirubin, Total Nitrogen, Albumin, Amylase, Calcium, Creatinine, Uric Acid)

## PREPARING FOR YOUR SAMPLE COLLECTION

Fasting (not eating or drinking anything except water) for 8-12 hours is recommended. You can drink water and take your regular medications as prescribed unless you are instructed by the medical team not to do so when you schedule your appointment. Those who choose not to fast may show elevated glucose.