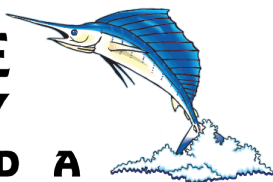


COMING SOON!

**ST. LUCIE
COUNTY**

FLORIDA
HEALTH & WELLNESS CENTERS



VITAL HEALTH PROFILE (VHP)

FREE Annual Health Assessment
(previously known as Health Risk Assessment - HRA)

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). **Comprehensive 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. **VHP Reflex Labs** are reviewed annually and selected based upon their predictive associations with preventable diseases.
- You can request confidential HIV testing on your first visit with the nurse as part of your baseline labs.



IMPORTANT:

Please make sure to update your email address & mobile phone number by April 24, 2023 in the current CareHere patient portal to receive the new My Health Onsite patient portal login instructions. For now, please continue to use CareHere's website or toll free number to schedule appointments & 24/7 nurse services. **Please request any needed medications necessary through May 2023.**