

A different kind of physical!

Although no one wants to get sick or develop a long-term illness, many times our busy schedules cause us to neglect getting a thorough annual exam. Early detection and prevention are key elements to living a long, productive, healthy life. By having an annual preventive physical exam, you increase your chances of catching health problems before they become serious, or even catastrophic.

Lifesigns' comprehensive physical provides the kind of preventive health information that can change the course of your life. This exam is 100 percent confidential, with all the results and communications occurring between you and Lifesigns. Please note that Lifesigns seeks to compliment your relationship with your existing primary care physician and can forward all results to your physician at your request.

It is more than just a physical exam; it is the most thorough look at your health you have ever had. There is no waiting at Lifesigns and you will spend time discussing your results with the doctor before leaving. You will receive your records through our secure online patient portal (NextMD), available to you 24 hours a day, 7 days a week.



- 1) GM/UAW hourly employees
If coming to Lifesigns, your exam is complete. If you come to Lifesigns according to your BCBS plan, covered by BCBS well.
- 2) GM salaried employees
You have a different...
- 3) GM/UAW retired hourly
There are different ways to know by looking...

INCLUDES BASIC

- ▶ Complete Physical exam including auscultation of heart, lungs, and abdomen; and palpation of thyroid, carotid arteries, and aorta
- ▶ Complete Lab Panel including:
 - ▶ Urinalysis
 - ▶ Electrocardiogram (ECG)
 - ▶ Pulmonary Function Test (PFT)
 - ▶ Vision Acuity
 - ▶ Audiometry (hearing)
 - ▶ Body Composition
 - ▶ Body Mass Index (BMI)
- ▶ Physician Consultation and exam report
- ▶ Records are now secure and available through our patient portal, NextMD.