



## Vitality Check™ Form Cholesterol Measurement Alternative

An alternative cholesterol measurement may have submitted by Vitality members whose total cholesterol results did not qualify them for in-range points. A particularly high level of HDL cholesterol - the “good” cholesterol - can sometimes push the total cholesterol value out of what is normally considered the healthy range. The alternative cholesterol measurement takes this into account and determines how much of the total cholesterol is comprised of good, HDL cholesterol.

To qualify for Vitality Points, you must submit the information and supporting test results within 90 days of the event completion.

**Complete Section A and B and attach your results or have your health care practitioner or lab facility complete sections C and D below.**

Section A: Member Information	
First Name:	Last Name:
Vitality ID:	Date of Birth:

Section B: Consent to Release and Use of Information	
I consent to the release of my medical information to Vitality or its representatives. A photocopy of this consent shall be as effective and valid as the original. This consent shall be considered valid for 90 days from the date signed.	
I also understand and agree that Vitality and its representatives have the right to request and review, at any time, applicable screening test(s) to confirm information and results herein. I authorize this medical facility to release such information and results to Vitality.	
Member's Signature:	Date:

Section C: Measure and Test Results		
Total Cholesterol:	HDL Cholesterol:	Total Cholesterol/HDL Ratio:

Section D: Physician and/or Facility Information		
Health Care Practitioner and/or Facility Name:	Address:	Phone:
National Provider ID or CLIA Number:	Test Date:	
Health Care Practitioner's Signature:	Date:	

To earn Vitality Points, please send this completed form and supporting test results to:

**Email: [wellness@powerofvitality.com](mailto:wellness@powerofvitality.com), fax: 877.224.7110, or mail to:  
The Vitality Group, 200 West Monroe, Suite 2100, Chicago, IL 60606**