

First Name _____ Last Name _____ CCM ID# _____

Date of Birth: ____ / ____ / ____
mm dd yyyy

These measurements can be taken and entered yourself as long as they are witnessed. First time HEALTH INCENTIVE applicants must have these measurements taken and entered by a credentialed health professional who is not an immediate family member (Doctor, RN, RD, Chiropractor, Emergency Medical Service Personnel, or Fitness Professional) or submitted with official medical reports. HbA1c and fasting blood lipid measurements must be taken via venipuncture. Measurements for height, weight and waist taken within the past 30 days are acceptable. HbA1c, lipid, and blood pressure measurements within the past 3 months are acceptable.

**Note: If you are an active athlete with high muscle mass and low fat, different weight standards may apply. Please call 800-264-2562, extension #7004 if you believe you meet the requirements for this exception.*

Note: This form will not be processed without waist measurement verification. Take a tape measure with you, if necessary.

Please list medication and/or supplements you are currently taking: _____

Height (without shoes): _____ inches **Weight** (without shoes): _____ pounds

Estimated weight of clothing during weighing: _____ lbs.

Waist Measurement (at navel; abdomen relaxed) _____ inches

Measure over bare skin from the navel. The tape measure should be snug but not indent the skin. The number that meets the "0" after you have circled your entire waist is your waist measurement. Do not round up/down or use your pants size.

	1	2	3
Systolic Blood Pressure *	_____	_____	_____
Diastolic Blood Pressure *	_____	_____	_____

**Note: If blood pressure is >/= 130/85, please confirm through 2 repeat measurements on the same day.*

Please order the following lab tests and provide a copy of the results with this form.

- | | | |
|---|---|--|
| <input checked="" type="checkbox"/> Fasting Total Cholesterol (mg/dl) | <input checked="" type="checkbox"/> Fasting HDL Cholesterol (mg/dl) | <input checked="" type="checkbox"/> HbA1c – REQUIRED (NOT glucose) |
| <input checked="" type="checkbox"/> Fasting Triglycerides | <input checked="" type="checkbox"/> Fasting LDL Cholesterol (mg/dl) | |

***If any lab tests are abnormal, additional information may be required.**

Please PRINT name of Witness (or Authorized Person if applying for the Health Incentive): _____

Witness (or Authorized Person if applying for the Health Incentive) phone #: _____

Date of measurements: ____/____/____

Agency and Title of Authorized Person (if applicable): _____

Title of Authorized Person (if applicable): _____

I have personally documented the entries for the above-named person and, to the best of my knowledge, the numbers I have entered are accurate.

Signature of Witness or Authorized Person: _____

I affirm that all of the above entries are accurately reported and entered by the Witness or Authorized Person.

Signature of Applicant or Member: _____

Tips on Lab Testing Discounts and Collecting Metrics

You can use these discount lab services to conduct the required tests, or your lab or physician of choice.

The Direct Access Lab services claim savings on laboratory test of 20%-70%. Testing is not available in some states.

Direct Labs: www.directlabs.com/ccms or call 1-800-908-0000 (mention Christian Care Ministry)

MD Lab Tests: www.mychristiancarelabs.com or call 1-866-328-9443 (mention Christian Care Ministry)

Also consider anylabtestnow.com/locations/ to see if one of their 150 stores in the US are in your area. They can be a convenient option if you have one in your area.

1. Call or go online to verify that testing is available in your state and order the appropriate lab work.
2. Your requisition form, which is required by the testing facility, will be sent to you as requested through email, fax, or mail.
3. Take the requisition form with you to the facility you select when you placed the order.
4. Please forward your results to Christian Care Ministry for processing.

Use the check list below in order to obtain your best personal results.

For Labs:

- Fast between 10-14 hours, 12 hours is ideal.. (A prolonged fast can raise cholesterol levels)
- Stay well hydrated by drinking 8-10 glasses of water per day for 72 hours before testing.
- Some medications and supplements can affect your results. Please list all your meds.
- Be well rested and stay calm. Undue anxiety and nervousness can affect blood pressure and some lab values.
- Blood drawn from a vein is more reliable than a finger stick. Finger stick samples may need to be repeated, especially if the finger was squeezed or milked to get the blood drop.
- Laboratories often discount a combined lipid and HbA1c test.

For Waist:

- For waist measure apply measuring tape to skin at the level of your umbilicus (belly button). Measure over bare skin from the navel. The tape measure should be snug but not indent the skin. The number that meets the "0" after you have circled you entire waist is your waist measurement. Do not round up/down or use your pants size.

For Blood Pressure:

- Sit for 5 minutes before you check your blood pressure.
- Position is important for obtaining accurate results.
- Place your elbow on a table at the level of your heart for testing and keep your feet uncrossed and touching the floor.
- The left arm is usually the most accurate.
- Consider having your BP retested if the results come back over 135/85.

Laboratory testing is not a treatment but a tool to aid in the detection of illness and disease. Your test results should show a range for normal readings. It is possible that results outside of the normal range may indicate a false positive or may be normal for you. **If your results do fall outside of the normal range it is important that you consult with your doctor.** It is also a good idea to share your results with your doctor even if they are in the normal range.

This information is being provided to CCM members as a courtesy so they can take advantage of the cost savings offered. Christian Care Ministry does not endorse these companies. It is also important to note that according to the Medi-Share Guidelines, well patient care, including routine lab studies, is not shareable.