

Attachment 1g
National Health Interview Study (NHIS) Follow-Up Health Study
Health Measurements and Laboratory Tests on Blood & Urine

Below are brief descriptions of the health measurements, urine tests, and blood tests included in this health study. Please note that this study does not test blood and urine for drugs, alcohol, pregnancy or genetic ancestry.

Health Measurements

Your **height** and **weight** will be measured to calculate your **Body Mass Index (BMI)**.

Your **waist circumference** will be measured.

Your **blood pressure and pulse** will be taken.

Urine Tests

Creatinine: A waste product of normal muscle breakdown filtered by the kidneys out of your blood into your urine. This test shows how well your kidneys are working.

Glucose: A type of sugar. It is your body's main source of energy. If too much glucose gets into the blood, the extra glucose will be eliminated through your urine.

Hemoglobin: The molecule in red blood cells. This test looks for the presence of blood in your urine.

Microalbumin: A test to detect very small levels of albumin in urine. The test is used to detect early signs of kidney damage in people who are at risk of developing kidney disease.

Protein: A test to detect albumin in urine. The test is used to detect kidney damage.

Protein:Creatinine Ratio (Calculated): A test to screen for excess protein in the urine. It can help your doctor evaluate and monitor kidney function, and detect kidney damage.

Blood Tests

Diabetes Screen

Hemoglobin A1c: Gives information about your average blood sugar level during the past 2–3 months. High levels are seen in diabetes.

Glucose: The amount of sugar in your blood. Glucose is an important source of energy for all body organs and functions. High levels are seen in diabetes.

Liver and Kidney Function Tests

Albumin: A protein in your blood. Albumin keeps fluid from leaking out of blood vessels, nourishes tissues, and transports hormones, vitamins, drugs, and substances like calcium throughout the body.

Albumin:Globulin Ratio: This test is used to screen for and help diagnose certain diseases or disorders.

Alanine Aminotransferase (ALT): ALT is an enzyme involved in breakdown of body chemicals and is mostly found in the liver. ALT levels reflect the health of your liver.

Alkaline Phosphatase: A blood enzyme that comes from liver and bone cells.

Aspartate Aminotransferase (AST): AST is an enzyme involved in the breakdown of body chemicals, and AST levels reflect the health of your liver.

Bicarbonate: A molecule in blood that shows the balance between your breathing and chemical systems.

Bilirubin: A chemical produced when hemoglobin breaks down. Bilirubin is broken down by the liver and then it becomes a waste product. It is used as a measure of the health of your liver.

Blood Urea Nitrogen (BUN): Urea is a waste product that your kidneys filter out of your blood. This test helps show how well your kidneys are working.

Calcium: A mineral found mostly in the bones. It is needed for muscle and nerve action, bone strength, and blood clotting.

Chloride: One of the electrolytes found in your body. Chloride plays an important role in the balance of body fluids.

Creatinine: A waste product of normal muscle breakdown filtered by the kidneys out of your blood into your urine. This test shows how well your kidneys are working.

Globulin: A protein in the blood. Globulins play an important role in liver function, blood clotting, and fighting infection.

Glomerular Filtration Rate (estimated): This test is used to detect chronic kidney disease (CKD), as well as monitor CKD progression and response to therapy.

Potassium: A nutrient found in your body's cells. Potassium helps control muscle and nerve actions.

Protein: The total amount of protein (both albumin and globulin) in the fluid part of your blood. Protein is an important part of all your body's cells and tissues.

Sodium: One of the electrolytes found in body fluids. Sodium plays an important role in the balance of body fluids and in muscle and nerve actions.

Cholesterol Tests

Total Cholesterol: A fat substance normally found in the bloodstream and in all your body's cells. Too much cholesterol is a major risk for a heart attack and stroke.

Total Cholesterol:HDL Ratio: Compares the total cholesterol to the HDL, or good, cholesterol. This test can help your doctor determine your risk of heart problems or stroke.

High Density Lipoprotein (HDL) Cholesterol: HDL cholesterol is known as the “good” cholesterol because it helps remove cholesterol from the body cells and helps prevent fatty buildup in blood vessels.

Low Density Lipoprotein (LDL) Cholesterol: LDL cholesterol is known as the “bad” cholesterol because it can lead to cholesterol buildup in your body cells and can lead to fatty buildup in blood vessels.

Non-HDL Cholesterol: A test to measure how much of the “bad” cholesterol you have in your blood. It can help your doctor evaluate your risk for heart disease.

Triglycerides: A fat in the blood. High levels can lead to heart disease and stroke.

Anemia Screen

Hemoglobin: The molecule in red blood cells that carries oxygen to all body tissues.

COVID-19

COVID-19 Serology: This test detects COVID-19 antibodies in blood. More information about COVID antibody testing can be found on the following page and on the CDC website:
<https://www.cdc.gov/coronavirus/2019-ncov/testing/serology-overview.html>.

COVID-19 Serology Results, Explained

The following information was taken from

<https://www.cdc.gov/coronavirus/2019-ncov/testing/serology-overview.html>, on <Month> <Day>, 2021.

If you tested positive

- A positive test result shows you may have antibodies from an infection with the virus that causes COVID-19. However, there is a chance that a positive result means you have antibodies from an infection with a different virus from the same family of viruses (called coronaviruses). Note: Other coronaviruses cannot produce a positive result on a viral test for SARS-CoV-2.
- Having antibodies to the virus that causes COVID-19 may provide protection from getting infected with the virus again. But even if it does, we do not know how much protection the antibodies may provide or how long this protection may last. Confirmed and suspected cases of reinfection have been reported, but remain rare.
- Talk with your healthcare provider about your test result and the type of test you took to understand what your result means. Your provider may suggest you take a second type of antibody test to see if the first test was accurate.
- You should continue to protect yourself and others since you could get infected with the virus again.
 - If you work in a job where you wear personal protective equipment (PPE), continue wearing PPE.
- You may test positive for antibodies even if you have never had symptoms of COVID-19. This can happen if you had an infection without symptoms, which is called an asymptomatic infection.

If you test negative

- You may not have ever had COVID-19. Talk with your healthcare provider about your test result and the type of test you took to understand what your result means.
- You could have a current infection or been recently infected.
 - The test may be negative because it typically takes 1–3 weeks after infection for your body to make antibodies. It's possible you could still get sick if you have been exposed to the virus recently. This means you could still spread the virus.
 - Some people may take even longer to develop antibodies, and some people who are infected may not ever develop antibodies.

If you get symptoms after the antibody test, you might need another test called a viral test. Viral tests identify the virus in samples from your respiratory system, such as a swab from the inside of your nose. **Regardless of whether you test positive or negative, the results do not confirm whether you are able to spread the virus that causes COVID-19.** Until we know more, continue to take steps to protect yourself and others.

For more information, please see the CDC COVID-19 Serology page:

<https://www.cdc.gov/coronavirus/2019-ncov/testing/serology-overview.html>.