

# ***Attachment 11e***

## ***MEC Examination Materials***

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## Don't miss out on your free NHANES health exam!

### Appointment Details:

Name:

Date:

Time:

Location:

Transportation Funds:



**If you provided a cell phone number and gave us permission, we will send you a reminder text the day before your exam appointment.**

**Professional  
Interviewer:** \_\_\_\_\_

**If you have any questions or need to reschedule your appointment, please call 800-344-1386.**

# Instructions for the Day of Your Appointment

Thank you for following these instructions to make sure your time in the Mobile Exam Center is easy and your results are accurate.



## 1. Do not eat or drink anything except water after:

____	:	____	NA
AM		PM	<input type="checkbox"/>

- Do not drink coffee, tea, soda, alcohol, or any other beverage except water.
- Do not chew gum, use breath mints, lozenges, cough drops, or other cough or cold remedies.
- Do not take non-prescription antacids, laxatives, anti-diarrheals, or dietary supplements (such as vitamins or minerals) before your exam.
- **If you eat or drink before the exam your test results may not be accurate.**



## 2. Take your prescription medications as directed by your medical provider.

- If it is ok with your doctor, do not take your diabetes pills or insulin before your exam.
- Bring them with you to take after your blood test.
- You may bring food from home with you to eat right after your blood test.



## 3. There will be a private area for you to change into a shirt and pants specifically for the exam.

- To make this easier consider wearing clothes that are easy to change into and out of.
- Please leave your jewelry at home so you do not need to remove it for your exam.
- You may want to bring a sweater or jacket to wear on top if you get cold.

Our professional staff will be available to answer any questions you may have during your exam.

11e-3



11e-B

## National Health and Nutrition Examination Survey

{DATE}

{ADDRESSEE NAME}  
{STREET MAILING ADDRESS}  
{CITY, STATE ZIP}

Dear {SP FIRST NAME/PARENT OR GUARDIAN OF SP FIRST NAME}:

Thank you for scheduling {your/{SP NAME}'s} free health exam at our Mobile Exam Center! This is a reminder of {your/{SP NAME}'s} upcoming appointment. You can be proud knowing the results of {your/{SP NAME}'s} exam will help you, your family, and your community now and in the future!

### NHANES Appointment

{MEC APPOINTMENT DAY}, {MEC APPOINTMENT DATE}  
{MEC APPOINTMENT TIME}  
{MEC ADDRESS}

For your convenience, we are enclosing directions to the Mobile Exam Center.

All results from your {BLANK/child's} free exam will be available in about 3 to 4 months. To further thank you for your time, {you/{SP NAME}} will receive **{MEC INCENTIVE}** at the end of the exam. {You have already been paid for your transportation costs on your electronic gift card.}

Let me again assure you that everything we learn from your {BLANK/child's} exam will be kept confidential.

Please do not hesitate to call **800-344-1386** if you have any questions. Thank you again for your time taking part in this important health survey.

Sincerely yours,

{FS NAME}

Field Supervisor



# Instructions for the Day of Your Appointment

Thank you for following these instructions to make sure your time in the Mobile Exam Center is easy and your results are accurate:



## 1. Do not eat or drink anything except water after:

{MEC FASTING TIME}

{MEC FASTING DATE}

- Do not drink coffee, tea, soda, alcohol, or any other beverage except water.
- Do not chew gum, use breath mints, lozenges, cough drops, or other cough or cold remedies.
- Do not take non-prescription antacids, laxatives, anti-diarrheals, or dietary supplements (such as vitamins or minerals) before your exam.
- If you eat or drink before the exam your test results may not be accurate.



## 2. Take your prescription medications as directed by your medical provider **UNLESS** they are required to be taken with food.

- If it is okay with your doctor, do not take your diabetes pills or insulin before your exam.
  - Bring them with you to take after your blood test.
  - You may bring food from home with you to eat right after your blood test.



## 3. There will be a private area for you to change into a shirt and pants specifically for the exam.

- To make this easier consider wearing clothes that are easy to change into and out of.
- Please leave your jewelry at home so you do not need to remove it for exams.
- You may want to bring a sweater or jacket to wear on top if you get cold.

Our professional staff will be available to answer any questions you may have during your exam.

**If you have any questions, please call 800-344-1386.**

# Instructions for the Day of Your Appointment

Thank you for following these instructions to make sure your time in the Mobile Exam Center is easy and your results are accurate:



## 1. Since {SP FIRST NAME} is younger than 12 years old, no fasting is required for the exam.

- Your child may eat or drink as they normally would.
- Your child should take prescriptions, vitamins, supplements, and non-prescription medicines as they normally would.



## 2. Before the exam, your child will be asked to change into a shirt and pants specifically for the exams in a private area.

- To make this easier, please dress your child in clothes that are easy to change into and out of.
- Please leave your child's jewelry at home so they do not need to remove it for the exam.
- You may want to bring a sweater, jacket, or small blanket if your child gets cold easily.



## 3. Special note for parents of children 3 to 5 years old:

- When your child comes in for their exam, we will collect a urine sample to test for environmental chemicals that can be found in urine.
- **DO NOT BRING A URINE SAMPLE WITH YOU.** It will be collected during the exam.
  - We will ask that you assist your child to collect this urine sample at the exam center's bathroom.
  - Having your child drink something before coming to their exam may make it easier for them to provide a sample.
  - Any drink you would like to give your child is fine.
  - Food or drinks will not interfere with your child's laboratory tests.

Our professional staff will be available to answer any questions you may have during your exam.

**If you have any questions, please call 800-344-1386.**

# Instructions for the Day of Your Appointment

Thank you for following these instructions to make sure your time in the Mobile Exam Center is easy and your results are accurate:



## 1. No fasting is required for the exam.

- Because your exam is at {MEC APPOINTMENT TIME}, you do not have to fast.
  - Food or drinks will not interfere with your laboratory tests.
- 



## 2. Take your prescription medications as directed by your medical provider.

- You may also take your non-prescription vitamins and supplements as you normally would.
- 



## 3. There will be a private area for you to change into a shirt and pants specifically for the exam.

- To make this easier, consider wearing clothes that are easy to change into and out of.
  - Please leave your jewelry at home so you do not need to remove it for the exam.
  - You may want to bring a sweater or jacket to wear on top if you get cold.
- 

Our professional staff will be available to answer any questions you may have during your exam.

**If you have any questions, please call 800-344-1386.**

## MEC Examination Text and Email Communications

<b>MEC Examination Text and Email Messages</b>
<p><b>MEC Examination Appointment Text Message Reminder</b></p> <p>Reminder: (Your/[SP NAME]'s) health exam for a U.S. Department of Health and Human Services national health survey is on [date] at [time]. For appointment instructions and directions to the Mobile Exam Center, please review the mailed appointment reminder letter or the appointment slip you received when you were interviewed. For questions or to reschedule the appointment, please call X-XXX-XXX-XXXX toll-free.</p>
<p><b>MEC Examination Appointment Email Reminder</b></p> <p>Subject line: Reminder: Health exam for a national health survey</p> <p>Dear ([SP NAME]/Parent or Guardian of [SP NAME]),</p> <p>This is a reminder that (your/[SP NAME]'s) health exam is scheduled for [DAY], [DATE] at [TIME] at [MEC LOCATION]. Please review the appointment reminder letter you received in the mail or the appointment slip you received when you were interviewed in your home so that you can review the instructions and the directions to the Mobile Exam Center.</p> <p>(IF SP IS 12+ WITH A MORNING APPOINTMENT, DISPLAY: Please remember not to eat or drink anything except water for 8 hours prior to your appointment.)</p> <p>If you have any questions or need to reschedule the appointment, call X-XXX-XXX-XXXX toll-free. For more information, you can go to <a href="https://myhealthsurveyportal.cdc.gov/">https://myhealthsurveyportal.cdc.gov/</a>. Thank you.</p> <p>Sincerely yours, (FS NAME) Field Supervisor</p>
<p><b>MEC Examination Missed Appointment Text Message</b></p> <p>Reminder: You missed (your/[SP NAME]'s) free health exam appointment for a U.S. Department of Health and Human Services national health survey. (You/[SP NAME]) will receive (\$MEC Incentive) for completing your exam. To reschedule the appointment or if you have questions about the exam, please call us toll-free at X-XXX-XXX-XXXX. Data from participants like you help to improve the health of everyone in the U.S.!</p>

<b>Participant Portal Account Setup Text and Email Messages</b>
<p><b>Account Setup Text Message:</b></p> <p>It is time to create your secure My Health Survey Portal account to access your exam results when they are ready! Go to <a href="https://myhealthsurveyportal.cdc.gov">myhealthsurveyportal.cdc.gov</a> and create your account today. Questions? Call 800-344-1386.</p>



Account Setup Email Message:

Subject: Create a *My Health Survey Portal* account

Hello,

It is time to create your secure *My Health Survey Portal* account to access your exam results when they are ready! Go to [myhealthsurveyportal.cdc.gov](http://myhealthsurveyportal.cdc.gov) today and use the code our staff gave you to create your account.

If you have any questions, please contact us at 800-344-1386,

Monday through Thursday: 9:00 am – 11:00 pm

Friday: 9:00 am – 9:00 pm

Saturday: 9:30 am–6:00 pm

Sunday: 1:00 pm–9:30 pm Eastern Time.

Thank you,

*My Health Survey Portal* Team

### **Participant Portal Validation Code Communications**

Validation Code Text Message:

Your *My Health Survey Portal* verification code is {6 Digit Validation Code}. Enter it at [myhealthsurveyportal.cdc.gov](http://myhealthsurveyportal.cdc.gov) to verify your account. Questions? Call 800-344-1386.

Validation Code Email Message:

Subject: *My Health Survey Portal* Verification

Hello,

Your *My Health Survey Portal* verification code is {6 Digit Validation Code}. Enter it at [myhealthsurveyportal.cdc.gov](http://myhealthsurveyportal.cdc.gov) to verify your account.

If you have any questions, please contact us at 800-344-1386,

Monday through Thursday: 9:00 am – 11:00 pm

Friday: 9:00 am – 9:00 pm

Saturday: 9:30 am–6:00 pm

Sunday: 1:00 pm–9:30 pm Eastern Time

Thank you,

*My Health Survey Portal* Team

### **Participant Portal – Notifications of Early Results Text and Email Messages**

Early Results Text Message:

There is a new exam result for {SP FIRST NAME} in the *My Health Survey Portal*. Please log in at [myhealthsurveyportal.cdc.gov](http://myhealthsurveyportal.cdc.gov) to view the message. Questions? Call 800-344-1386.

Early Results Email Message:

Subject: *My Health Survey Portal* New Message

Hello,

There is a new exam result for {SP FIRST NAME} in the *My Health Survey Portal*. Please log in at [myhealthsurveyportal.cdc.gov](http://myhealthsurveyportal.cdc.gov) to view the message.

If you have any questions about accessing this message, call us toll-free at 800-344-1386,

Monday through Thursday: 9:00 am –11:00 pm

Friday: 9:00 am – 9:00 pm

Saturday: 9:30 am–6:00 pm

Sunday: 1:00 pm–9:30 pm Eastern Time

Thank you,

*My Health Survey Portal* Team

**Participant Portal – Notifications of Final ROF Text and Email Messages**

Final ROF Text Message:

Final results for {SP FIRST NAME} are available in the *My Health Survey Portal*. Please log in at [myhealthsurveyportal.cdc.gov](http://myhealthsurveyportal.cdc.gov) to see the report. Questions? Call 800-344-1386.

Final ROF Email Message:

Subject: *My Health Survey Portal* Final Results Hello,

Final results for {SP FIRST NAME} are available in the *My Health Survey Portal*. Please log in at [myhealthsurveyportal.cdc.gov](http://myhealthsurveyportal.cdc.gov) to see the report.

If you have any questions about accessing the results, call us toll-free at 800-344-1386.

Monday through Thursday: 9:00 am –11:00 pm

Friday: 9:00 am – 9:00 pm

Saturday: 9:30 am–6:00 pm

Sunday: 1:00 pm–9:30 pm Eastern Time

Thank you,

*My Health Survey Portal* Team



## National Health and Nutrition Examination Survey

### Laboratory Tests on Blood

Below are brief descriptions of some lab tests you may have as part of the health exam. The specific tests done are based on the participant's age and gender. Some of the NHANES exams and tests are usually done with people who have specific health problems. Your results may show something abnormal but do not represent an illness. If you take your results to your health care provider, they may recommend other tests that may or may not identify health a concern. You will be responsible for any costs associated with these additional tests.

#### Allergy Testing

*Allergies are caused by the immune system reacting to substances that are usually harmless. High levels of antibodies (IgE) indicate an allergy to a substance. The blood test will check for allergies to very common substances.*

- Total IgE
- Alpha-gal
- Alternaria alternata (mold)
- Ambrosia artemisiifolia (ragweed short/common)
- Aspergillus fumigatus (mold)
- Bermuda grass
- Birch
- Cat epithelium and dander
- Cladosporium herbarum
- Common ragweed
- Cow's milk
- D. farina (dust mite)
- D. pteronyssinus (dust mite)
- Dog dander
- Egg
- Blatella Germanica (German cockroach)
- Mouse urine proteins
- Peanuts
- Penicillium
- Russian thistle
- Shellfish (shrimp)
- White oak

#### Cholesterol and Lipid Tests

*The body needs cholesterol and other lipids. But if there is too much, they can build up in the vessels, blocking blood flow causing heart disease and stroke. High cholesterol is a major risk factor for heart attack and stroke. These tests measure the different types of cholesterol and lipids.*

**Calculated Low Density Lipoprotein (LDL):** The “bad” cholesterol that easily clings to blood vessels and causes fatty blockages.

**Cholesterol:** Cholesterol is important to build cells. But if there is too much in the blood it can cling to blood vessels and cause fatty blockages.

**High Density Lipoprotein (HDL):** The “good” cholesterol that helps remove “bad” cholesterol to prevent fatty buildup in blood vessels.

**Triglycerides (TG):** Triglycerides are the substances that the body makes to store energy. If the body has too much triglycerides, it is stored in the tissue as fat. Too much fat leads to many health issues including diabetes and heart disease. High triglycerides are a major risk factor for heart attack and stroke.

#### Complete Blood Count (CBC) Tests

*A CBC provides details about the components of blood.*

**Red Blood Count (RBC):** RBCs provide oxygen to the body's organs and allow them to function.

**Hematocrit (Hct):** The percentage of blood that is made up of RBCs.

**Hemoglobin (Hgb):** The molecule in RBCs that carries oxygen.

**Mean Corpuscular Volume (MCV):** The average size of RBCs.

**Mean Corpuscular Hemoglobin (MCH):** The average amount of Hgb in each RBC.

**Mean Corpuscular Hemoglobin Concentration (MCHC):** The average concentration of Hgb in a group of RBCs.

**Nucleated Red Blood Cells (NRBC):** The number of immature RBCs. Normally NRBC are found in newborns but it is concerning if found in older people.

**Relative Distribution Width (RDW):** The average size of all RBCs. RBCs that are too small or too large may be concerning.

**Platelets:** Blood cells that are used in clotting.

**White Blood Count (WBC):** WBCs fight infections using different types of cells as listed below. This test measures the amount of all WBCs in blood together. Each type listed below is also measured as a total amount (absolute) and its percentage of all WBCs.

**Lymphocytes:** WBCs that fight viral infections.

**Neutrophils:** WBCs that fight bacterial infections.

**Basophils:** WBCs that are involved in blood clotting and reactions to allergies and parasites.

**Eosinophils:** WBCs that are involved in allergy reactions.

**Monocytes:** WBCs that can create macrophages, which engulf bacteria and viruses.

## Diabetes Tests

*Diabetes is a condition in which there is too much sugar (known as glucose) in the blood. Excessive glucose can cause damage to blood vessels and organs.*

*This test measures how much glucose is in the blood. Although glucose is needed in the blood to provide energy to the body's organs and function, too much can cause damage.*

**Glucose:** A specific type of sugar in blood that is needed to provide energy for the body's organs and functions.

**Hemoglobin A1C:** Gives information about the average blood glucose level during the past 2 to 3 months. It shows how well glucose levels have been controlled for those with diabetes.

## Environmental Exposure Profile

*These substances are naturally found at low levels in water, soil, and food. The body needs some of these substances to function, but they can cause health problems at higher levels.*

**Arsenic:** High levels can cause skin, kidney, and lung cancer. Continued exposure can cause skin sores, persistent numbness in hands and feet, and anemia.

**Butyrylcholinesterase activity:** Used as a marker for pesticide exposure. Having a low level can also cause an adverse reaction when given anesthesia (succinylcholine); the reaction can cause paralysis and difficulty breathing.

**Cadmium:** This is found in tobacco and secondhand smoke. High levels can cause cancer.

**Chromium:** Elevated levels come from factories and burning of natural gas, oil, or coal. It is also found in cigarette smoke. Exposure to high levels can be through air, soil, or water and secondhand smoke. At very high levels, it can cause kidney and liver damage and lung cancer.

**Lead:** High levels can cause brain damage and learning problems, especially in children.

**Manganese:** High levels come from exposure to contaminated air or water and can cause brain damage.

**Mercury:** Mercury exposure can occur through breathing it in, touching it, or eating fish or vegetables that come from places where there is a lot of mercury in the water or soil. It can cause kidney, brain, and stomach problems. Mercury can be found in different forms that affect how dangerous it is.

**Nickel:** Nickel comes from oil refineries and coal-fired power plants. It also comes from cigarette smoke and e-cigarettes. At very high levels, it can cause stomach, lung, kidney, and liver problems, and may have a negative effect on pregnancy.

**Selenium:** Elevated levels can cause hair loss, brittle nails, and nervous system problems. Ongoing exposure can cause difficulty breathing, tremors, kidney failure, and heart failure.

## General Body Chemistries and Other Tests

*There are many important chemicals that need to be in a "normal range" for the body to function well. If the levels of the chemicals listed below are too high or too low, it can strongly impact one's health.*

**Albumin:** A specific type of protein in blood. Its level can indicate how well the kidneys and liver are functioning.

**Bicarbonate:** A chemical in blood that indicates how well the lungs are functioning.

**Calcium (Ca):** A mineral found mostly in the bones and teeth. It is important for muscle and nerve function and blood clotting.

**Chloride (Cl):** One of the key chemicals that keep all the other chemicals in balance.

**Magnesium:** A nutrient that regulates many important body functions, such as blood pressure, glucose levels, and muscle and nerve function.

**Potassium (K):** A nutrient found in your body's cells. Potassium is very important for muscle and nerve function.

**Protein:** The major building block of all cells. It is also key to the function of cells.

**Sodium (Na):** The other key chemical that keeps all the other chemicals in balance.

## General Body Chemistries and Other Tests

*These are nutrients are needed for the body to "process" what is needs from the food for the body to function.*

**Vitamin B1:** (Thiamine) and Vitamin B2 (Riboflavin) nutrient that help the body release energy from food and keep the nervous system healthy.

**Vitamin B6:** Nutrient that helps the body use and store energy from food and is important in the function of RBCs and moving oxygen to cells.

**Vitamin B12:** Nutrient that helps the body use and store energy from food, keeps the nervous system healthy and helps body use folate for RBCs.

**Vitamin D:** Nutrient that helps form and maintain strong bones, healthy immune system and controls cell growth. It is in food and can be made in the skin when exposed to sunlight.

**Methylmalonic acid (MMA):** a chemical that is used to measure availability of Vitamin B12.

## Hemoglobin Variants

Hemoglobin holds oxygen in the RBC as it carries it to the cells through the body. When there is not enough oxygen going to the cell, it is called anemia. Most people over 1 year of age have Adult hemoglobin (Hb A), which is best at carrying oxygen. Some people have different hemoglobin (variant) that does not hold oxygen as well. This reduces the RBC's ability to carry oxygen, causing anemia. In most cases, if there is only one variant, only mild anemia may occur. But if there are two variants the anemia can be much worse.

**Hemoglobin B (Hb B):** If it occurs with Hb S, it can cause symptoms like those of sickle cell trait (SCT).

**Hemoglobin C (Hb C):** If it occurs with Hb S, it can cause symptoms like those of sickle cell disease (SCD).

**Hemoglobin D (Hb D):** If it occurs with Hb S (hemoglobin SD disease), it can cause more severe symptoms and anemia.

**Hemoglobin E (Hb E):** Common variant associated with a specific type of anemia called thalassemia. If it is found with other variants, it can cause significant anemia.

**Hemoglobin F (Hb F):** If detected in people over 1 year of age, it may indicate that other variants are also present. However, having Hb F can reduce the severity of anemia caused by other variants.

**Hemoglobin S (Hb S):** The hemoglobin associated with SCD, which causes RBC to become bent, making it harder to carry oxygen. If it occurs with HbA, it can cause SCT.

## Hepatitis Tests

*These are viruses that infect the liver and can cause damage over time if not treated. If there is an active infection, the virus can be transmitted to others.*

**Hepatitis B Surface Antigen (HBsAg):** A positive test means active HBV infection that can be causing damage to the liver. An HBV DNA test can tell how much virus is present and is a good way to monitor if treatment is working.

**Hepatitis C Antibody (HCV Ab):** A positive test indicates current or past infection with HCV. Even after HCV is treated and cured (i.e., the virus is gone), these antibodies will remain.

**Hepatitis C (HCV) RNA and Genotype:** Indicates how much and what type of HCV virus is present. If HCV has been cured, HCV RNA will be "undetected."

**Hepatitis D Antibodies and Antigens (Anti-HD/HDag):** A liver infection that only occurs in those who are also infected with the hepatitis B virus. (HBsAg Positive). If positive, there is a co-infection which can cause more damage to the liver.

## Iron Profile

Iron is essential to the ability of RBC to carry oxygen. It is also needed to make other important proteins and enzymes needed by the body. Too little iron can cause anemia. Too much iron can cause damage to organs. The tests below measure substances that work with iron and are important to RBC's ability to carry oxygen.

**Ferritin:** A protein found inside cells that stores iron to be used later. This test measures the amount of iron stored in the body.

**Folate (in RBC):** A substance that is important in making RBCs and genetic material found in every cell. This test measures the amount of folate stored in the body.

**Folate (in serum):** This test measures recent folate intake.

**Iron:** The amount of iron in the body.

## Kidney Function Tests

*The tests below measure substances that are affected by the kidneys and can indicate how well they are working.*

**Blood Urea Nitrogen (BUN):** A normal waste product of the body that the kidneys filter out of the blood and into the urine. A high BUN level may indicate poor kidney function.

**Creatinine:** A normal waste product of the body that the kidneys filter out of the blood and into the urine. If creatinine is high, it may indicate poor kidney function.

**Cystatin C:** This level indicates how well the kidneys are working. A low value indicates better kidney function.

**Estimated Glomerular Filtration Rate (eGFR):** Based on other blood tests, an estimation of how well kidneys are working to filter blood. A higher number indicates better kidney function.

**Uric Acid:** A normal waste product that is filtered out of the blood and into the urine. Too much uric acid can turn into crystals and settle in bones, causing gout and kidney disease. A higher level can indicate decreased kidney function.

**Urine albumin creatinine ratio (ACR):** Based on other urine tests, an estimation of how well kidneys are working to filter blood. A lower number indicates better kidney function.

## Liver Function Tests

The liver performs many essential functions for the whole body by filtering blood. Increases in certain enzymes or chemicals can indicate poor liver function. The tests below measure substances that indicate how well the liver is functioning. If their level is elevated it may indicate an issue with the liver.

**Alanine Aminotransferase (ALT):** An enzyme found mostly in the liver, which is involved in the breakdown of body chemicals.

**Alkaline Phosphatase:** An enzyme found in the blood that comes from liver and bone cells and is processed by the liver.

**Aspartate Aminotransferase (AST):** An enzyme found in many organs, which is involved in the breakdown of body chemicals and is processed by the liver.

**Bilirubin:** A chemical made when hemoglobin breaks down and is processed by the liver. It is then passed through the kidneys and gives urine its yellow color.

**Gamma-Glutamyl Transferase (GGT):** An enzyme mostly found in the liver that helps move other important chemicals around the body.

**Lactate Dehydrogenase (LDH):** An enzyme found in the heart, liver, kidneys, blood cells, and lungs which the liver is to process.

## Nutritional Biochemistries

These nutrients are necessary for the body to process what it needs from food.

**Methylmalonic acid (MMA):** A chemical that is used to measure availability of Vitamin B12 (see below).

**Vitamin B1 (Thiamine) and Vitamin B2 (Riboflavin):** Nutrients that help the body release energy from food and keep the nervous system healthy.

**Vitamin B6:** Nutrient that helps the body use and store energy from food and is important in the function of RBCs and moving oxygen to cells.

**Vitamin B12:** Nutrient that helps the body use and store energy from food, keeps the nervous system healthy, and helps the body use folate to build RBCs.

**Vitamin D:** A nutrient that helps form and maintain strong bones and a healthy immune system and controls cell growth. It is in food and can be made in the skin when exposed to sunlight.

## Reproductive Hormone Panel

These hormones help regulate the reproductive system and sexual development. Levels that are too high or too low can impact overall well-being. The levels vary between male and females and by age.

- 17 -Hydroxyprogesterone (17-OHP)
- Androstenedione
- Anti-Mullerian hormone (AMH)—females only
- Dehydroepiandrosterone sulfate (DHEAS)
- Estradiol
- Estrone
- Estrone sulfate
- Follicle stimulating hormone (FSH)
- Luteinizing hormone (LH)
- Progesterone
- Steroid Hormone Binding Globulin (SHBG)
- Testosterone

## Thyroid Function Tests

The thyroid is a small gland in the front of the neck. It makes hormones that control many of the body's most important functions. Levels that are too high or too low can impact overall well-being. These tests tell how well the thyroid is working.

**Thyroid Peroxidase (TPO):** An enzyme found in the thyroid gland that plays an important role in the production of other thyroid hormones.

**Thyroid Stimulating Hormone (TSH):** A hormone produced by the brain's pituitary gland that controls how much thyroid hormone is made by the thyroid gland.

**Thyroid Stimulating Hormone Receptor Antibodies (TRAb):** The level of these antibodies is used to determine if an overactive thyroid is caused by the body's own production of antibodies against the thyroid (Graves' disease).

**Thyroglobulin Antibodies:** Antibodies made by the body in response to thyroglobulin.

**Total Triiodothyronine (Total T3) and Total/Free Thyroxine (Free T4/Total T4):** Hormones made by the thyroid gland that regulate body temperature and the metabolism of protein, fat, and carbohydrates.





{DATE}

NAME: {SP FIRST NAME} {SP LAST NAME}

To whom it may concern:

The person named above has taken part in an important national health study.

This study is a federal program authorized by the Public Health Service Act and conducted by the National Center for Health Statistics, part of the Centers for Disease Control and Prevention.

{SP FIRST NAME} {SP LAST NAME} participated in this study. They are among the many people in towns and cities across the country who helped us increase our knowledge about the health of the people in the United States. Their contribution to this study entitles {SP FIRST NAME} {SP LAST NAME} to five hours of community service credit. Their participation was absolutely essential to the success of the study and was greatly appreciated.

Please feel free to use this letter as verification of hours served. If you need further verification, please call {SUPPORT PHONE}.

Sincerely,

A handwritten signature in cursive script that reads "Alan E. Simon".

Alan E. Simon, MD  
Division Director  
National Center for Health Statistics  
Centers for Disease Control and Prevention

{LETTER CONTROL ID}



---

{DATE}

Dear Principal:

Please excuse the below named student from class for their participation in an important national health study conducted by the Centers for Disease Control and Prevention. The date of the student's appointment is indicated below.

NAME: {SP NAME}

APPOINTMENT DATE: {MEC APPOINTMENT DAY}, {MEC APPOINTMENT DATE}

Thank you for your cooperation and your appreciation of the valuable contribution this student is making to our study. If you need to contact us, please call 800-344-1386.

Sincerely yours,

{FS NAME}  
Field Supervisor

As parent/guardian of the above named child, I consent to the appointment indicated.

---

Parent/Guardian Name

---

Parent/Guardian Signature

{LETTER CONTROL ID}