

3D Body Scanner



Spiral Health



- ✓ Safe and Non-Invasive
- ✓ Easy and Simple
- ✓ Precise Measurements & Tracking
- ✓ Will take 2 Minutes of Time
- ✓ A Completely Private Experience

Your risk for 25+ critical health conditions



Precise capture and analysis of **3 million** data points and **300+** body and posture measurements



Personalized risk assessments for **25+ health conditions**, prevention and wellness recommendations for both home and work

Measurements

- Body Composition
- Postural Alignment (Tilts, Shifts)
- Body Shape (Circ)
- Body Measurements (Lengths, Widths, Volumes)
- Body Type
- Body Ratios

Risk Findings

- Diabetes
- Heart Disease
- Leaky Gut Syndrome
- Scoliosis
- Muscular Imbalance
- Future Injury
- Chronic Pain
- ... and many more

Please Note:

- We recommend participants strip down to their under garments for the scan. However tight fitting shirts, cycling or lycra shorts, spandex, tights etc are best for those who are shy. The scanner and dressing room is fully curtained so there is full privacy. Long hair should also be pulled back to expose the neckline.
- The results of the scan will be provided to you via email which will give you access to the Spiral Portal. Further questions can be answered by you for a complete assessment.
- Finally we strongly recommend a follow-up scan. Comparing the two scans will show you improvements that you have made.

www.spiral.health.com • (888) 9SPIRAL



Covered Screenings

During the Annual Meeting, Powder River Energy is covering the cost of the following screening for members and spouses:

✓ Blood Chemistry Panel

For over 33 years WHF has offered affordable and convenient health screenings throughout the Rocky Mountain region. Whether you're monitoring your overall health or searching for a more specific condition, we have the screenings you need at a price you can afford. Take the first step on your wellness journey.

Early diagnosis for any health-related issue can add years to your life, so why wait?

Your Opinion Matters To Us!

Share Yours at www.Feedback.WHF.to



- Casper** - 115 S. Elm Street
- Cheyenne** - 611 E. Carlson, Suite 112
- Laramie** - 2835 Grand Avenue
- Torrington** - 2001 Main Street
- Scottsbluff** - 3321 Avenue i, Suite D

Toll Free: 800.979.3711 • Fax: 307.268.8332 • www.WHF.to

Powder River Energy Annual Meeting



Wellness Screenings

Buffalo High School

29891 Old Highway 87, Buffalo WY

**Saturday
August 24th, 2019**




7am - 11am - Blood Draw
7am - 3pm - Body Scans

WHF recommends 12 hours fasting prior to blood draw, unless Diabetic. Drink plenty of water and take medications as usual.







www.WHF.to 800-979-3711 mail@whf.to

SCREENINGS SUGGESTED YEARLY






- \$40 Blood Chemistry Panel**  **Full 33 level screening!** CPT - 80048
 Includes heart, kidney and liver functions, with lipid panel, **total cholesterol**, HDL (good), LDL (bad) and triglycerides. Also electrolyte levels, protein, iron, **fasting glucose**, and TSH (Thyroid Stimulating Hormone) uric acid and Carbon Dioxide. *Recommended 12 hour fasting, unless diabetic.*
- \$22 Hemogram (CBC) with Differential** CPT - 85025
A complete blood count of red and white blood cells, platelet levels, hemoglobin and hematocrit. Checks for anemia, infections and other blood disorders. Shows size of red blood cells and hemoglobin concentration.
- \$32 PSA Screening for Men**  CPT - 84153
The PSA (prostate specific antigen) screening is one tool used to screen for prostate abnormalities. Recommended for men at age 50. However, if there is a family history of prostate cancer, it is recommended at age 40.

VITAMIN & HORMONE SCREENINGS

- \$42 Vitamin D, 25 Hydroxy** CPT - 82306
Provides an assessment of overall Vitamin D status for the screening of deficiency or toxicity. Measures both D2 and D3 together to report a total 25-hydroxy Vitamin D. Vitamin D is important for mineral absorption, the immune system, strong bones and overall health.
- \$27 Vitamin B12**  CPT - 82607
Detects B12 deficient or elevated levels. B12 aids in the health of cells and nerves.
Recommended 12 hour fasting, unless diabetic.
- \$42 Men's Testosterone, Total**  CPT - 84403
Screening used to evaluate testosterone hormone levels.
- \$52 Women's Testosterone, Total, Women and Hypogonadal Males**  CPT - 84403
 Provides the sensitivity and specificity required for the assessment of the low testosterone levels found in women and hypogonadal men.

THYROID SCREENINGS







These thyroid screenings are in addition to the **Thyroid Stimulating Hormone (TSH)** that is included in our **Blood Chemistry Panel**.

- \$27 Thyroid Panel 1**  CPT - 84436; 84479
Includes the **T3 Uptake, Total T4** (Thyroxine), and calculates a free Thyroxine index.
- \$52 Thyroid Panel 2**  CPT - 84481, 84439
 This test delivers an enhanced thyroid profile because it screens for the level of **Free T4** and **Free T3** hormones in the bloodstream. This is an important distinction, since the level of **Free T4** hormone illustrates how much is immediately available for use by cells, and measure of **Free T3** hormone in the body is considered a more accurate view of hormonal balance than a Total T3 reading.
- \$77 T3, Reverse**  CPT - 84482
The **Reverse T3 (RT3)** test measures the inactive form of the hormone. Reverse T3 is not regularly checked as often as other thyroid hormones but may be tested when someone is experiencing symptoms of low thyroid production but shows normal results from other thyroid tests.
- \$42 Thyroid Antibodies**  CPT - 86376; 86800
Checks for antibodies that can injure the thyroid, affecting thyroid function. Includes thyroid peroxidase (TPO) and thyroglobulin antibody.

All prices in this flier apply to this event only, are subject to change without notice, and may vary based on location.



ADDITIONAL SCREENINGS

- \$77 Rheumatoid Arthritis (RA) Expanded Panel**  CPT - 85652; 86140; 86200; 86431
 These tests can help identify rheumatoid arthritis and arthritis associated with autoimmune disorders. **Test includes:** C-Reactive protein (CRP) Quantitative test; cyclic citrullinated peptide antibodies; rheumatoid arthritis factor.
- Also Includes a **Antinuclear Antibodies (ANA) Screening**. An autoimmune disorder screening, ANA is a type of auto-antibody that attacks proteins inside your cells.
- \$52 Hepatitis C Antibody**  CPT - 86803
This test checks for antibodies to Hep. C indicating a previous infection. The CDC recommends this test once for adults with no risks born between 1945 and 1965. Also for those who have injected drugs or were recipients of transfusions or organ transplants prior to 1992.
- \$27 Blood Type - ABO RH** CPT - 86900; 86901
Determination of ABO blood group type and Rh factor.
- \$27 C-Reactive Protein (CRP) - High Sensitivity CRP**  CPT - 86141
An elevated CRP is a marker of inflammation and can help to evaluate risk of cardiovascular disease, inflammatory disorders or infections.
- \$27 Hemoglobin A1C**  CPT - 83036
A screening that reflects average blood sugar levels for the past two to three months. Recommended for diabetics or those with a family history of high blood sugar. (Immediate fasting blood sugar glucose level is included in the Chemistry Profile.)
- \$27 Ferritin**  CPT - 82728
Indicates levels of iron protein stored in the body. Appropriate if iron levels are out of range in the Chemistry Panel.
- \$52 Celiac Screening** CPT - 83516
Screening of antibodies to aid in the diagnosis of gluten-sensitivity. You must be on a gluten-containing diet for antibody (blood) testing to be accurate.

PRODUCTS

- \$25 Wellness Portal w/ Health Assessment (HA)**
A one year subscription to the WHF Wellness Portal Online which includes a comprehensive Health Assessment. Take control of your wellness program with features like exercise trackers, meal planners and workshops
- FREE Spiral 3D Body Scans**
Spiral's technology measures 500 anthropometric measurements in 4 seconds, identifies 30+ risk factors for your health and provides preventative health solutions.

DRINK PLENTY OF WATER AND TAKE MEDICATIONS AS USUAL.

 WHF highly recommends consultation with a physician prior to and following these tests. All WHF tests are non-diagnostic and intended for wellness purposes only.

 WHF recommends 12 hours fasting prior to blood draw, unless you are Diabetic.

Covered Screenings/Products

For all other screenings, WHF accepts all forms of payment. Cash, Check or Credit Card.

Blood pressure and body fat analysis/BMI screenings will be available at no charge!
All WHF tests are non-diagnostic and intended for wellness purposes only.