



**LiUNA!care**

HEALTH CLINIC

LOCAL 183™

# INTRODUCING THE LiUNAcare LOCAL 183 HEALTH CLINIC

Introducing the LiUNAcare Local 183 Health Clinic onsite at the new Vaughan location— 200 Labourers Way, Suite 3300, Vaughan—dedicated to supporting the long-term well-being of Local 183 members and their eligible dependents.

## Why Visit the LiUNAcare Local 183 Health Clinic?



### Proactive Disease Prevention

Early detection of potential health issues can help you address concerns before they escalate, reducing risks and improving long-term outcomes.

### Quick & Informative

Receive your test results within minutes.

### Personalized Support

Speak with a health professional who will review your report, answer questions, and guide you toward healthier choices.

### Convenient Access

Book an appointment at a time that works best for you and return as often as needed to track your progress.

## By taking advantage of a 30 minute Health Risk Assessment,

you can proactively identify potential health risks, gain insights into your overall well-being, and receive personalized guidance on maintaining or improving your health.

**Take the first step toward better health—  
visit the LiUNAcare Local 183 Health Clinic!**

Please see the enclosed information for full details on what's included and how to schedule an appointment, or call **1-888-435-1456**.

## What's Included in the Assessment?

Your confidential 30-minute session includes tests that offer a comprehensive snapshot of your health:

### Vital Signs

Vital signs are critical indicators of the body's basic functions and can help identify early signs of health problems. They include:



- **Temperature:** Measures the body's core temperature. A fever can indicate infection or inflammation, while a low temperature may suggest other health concerns.



- **Heart Rate:** The number of heartbeats per minute. A normal heart rate typically ranges from 60 to 100 beats per minute for adults. An irregular heart rate can be a sign of heart disease or other health issues.



- **Blood Pressure:** Measures the force of blood against the walls of your arteries. High blood pressure (hypertension) can lead to heart disease, stroke, and kidney damage, while low blood pressure (hypotension) may also be a sign of heart disease or other issues and may cause dizziness and fainting.



- **Oxygen Saturation:** Measures the percentage of oxygen in the blood. Low oxygen levels may indicate lung or heart problems and require immediate attention.

### Body Measurements

These measurements provide important insights into overall health and are key factors in managing weight-related health conditions.



- **Height & Weight:** These measurements are used to calculate Body Mass Index (BMI), which is a useful tool for assessing whether a person is underweight, normal weight, overweight, or obese. A high BMI is associated with a higher risk of developing health problems such as diabetes, heart disease, and joint disease. There are also health concerns associated with a low BMI.

### Blood Tests

Blood tests help assess a range of health conditions and monitor risk factors for chronic diseases.



- **Total Cholesterol:** The total amount of cholesterol in the blood. High levels of cholesterol can increase the risk of heart disease and stroke.



- **HDL (High-Density Lipoprotein):** Often called "good" cholesterol, HDL helps remove bad cholesterol from the bloodstream. Higher levels of HDL are associated with a lower risk of heart disease.



- **Non-HDL Cholesterol:** The total cholesterol minus the HDL level, representing all the "bad" types of cholesterol. High levels of non-HDL cholesterol increase the risk of cardiovascular disease.



- **Triglycerides:** A type of fat found in the blood. High levels of triglycerides, often linked to obesity and poor diet, can increase the risk of heart disease and stroke.



- **LDL (Low-Density Lipoprotein):** Known as "bad" cholesterol, LDL contributes to the buildup of plaque in the arteries, leading to atherosclerosis (narrowing of the arteries) and increasing the risk of heart attack and stroke.



- **Hb-A1c (Hemoglobin A1c):** A key test for assessing the risk of diabetes. It measures the average blood sugar (glucose) levels over the past 2-3 months. Higher Hb-A1c levels suggest poor blood sugar control, indicating an increased risk of type 2 diabetes.



### Health Risk Assessment Report

After completing the screening, members will receive a detailed Health Risk Assessment report, outlining their results. A health professional will review the findings with you on the spot, explaining your current health status and providing guidance on the next steps to take.

This helps you gain a clearer understanding of your health, providing the information you need to make informed decisions and take action toward improving or maintaining your well-being. Whether you're making healthier lifestyle changes or looking for further medical guidance, LiUNAcare Local 183 is here to assist and guide you throughout your journey toward better health, providing support at every step.



### Convenient and Easy to Access

Members and their eligible dependents (aged 16 and older) can participate in assessments at a time that suits them best and as often as needed. This allows for ongoing feedback to track progress and maintain a path to better health.



### Commitment to Privacy and Confidentiality

LiUNAcare Local 183 is committed to safeguarding the privacy and confidentiality of our members. All consultations, discussions, and examinations take place in secure, private areas within the clinic, ensuring your personal health information remains confidential. All health data is handled with the highest level of care, strictly adhering to confidentiality protocols and complying fully with relevant privacy laws and regulations.

Additionally, the clinic utilizes advanced secure systems to manage and store member information. Access is limited to authorized personnel only, ensuring the safety and integrity of your personal health details at every step.

**Visit the LiUNAcare Local 183 clinic today, located at 200 Labourers Way, Suite 3300, Vaughan, or call to book your appointment.**

**Book an Appointment!**  
Call 1-888-435-1456 today



**LiUNA!care**

LOCAL 183

BUILDING HEALTHY FUTURES

LiUNAcare Local 183's mission is to deliver comprehensive and accessible healthcare that prioritizes the overall well-being of its members and their families. By addressing physical health, mental wellness, and financial stability, LiUNAcare Local 183 ensures members receive timely, effective care while reducing barriers to access. Through personalized support and seamless coordination of services, LiUNAcare Local 183 promotes proactive health management, improves quality of life, and helps members achieve lasting wellness.

## Putting Your Health First

The LiUNAcare Local 183 Onsite Health Risk Assessment Clinic helps members, and their eligible dependents (aged 16 and older) take proactive steps toward a healthier future by making informed decisions about their lifestyle choices and identifying early signs of disease.

### LiUNAcare Local 183

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