

Early detection saves lives!

Catch early warning signs of illness and gain insights into your overall health



You are invited to the
Empower Wellness Screening Program

Sign up today
empower.health

See page 5 for full registration details



Screening Package Overview

- **Lipid & Glucose Panel** – Blood testing designed to assess heart health and signs of diabetes. The following provides a breakdown of the panel's blood-testing components:

Glucose & Hemoglobin A1c	Total Cholesterol	Non-HDL
HDL (Good Cholesterol) & LDL (Bad Cholesterol)	Cholesterol Ratio	Triglycerides

- **Upgrade your Lipid & Glucose panel to Panel C blood testing for only \$20!** In addition to standard Lipid & Glucose tests, the Panel C adds 34 tests that identify signs of kidney disease, liver and gallbladder abnormalities, thyroid disease, gastrointestinal disorders, nutritional disorders, anemia, infections and certain cancers. This comprehensive panel includes the following blood-testing components:

Heart & Diabetes	Complete Blood Count	Kidney, Liver & Thyroid	Nutrition
Glucose	Red Blood Cells	BUN & Creatinine	Calcium
Total Cholesterol	White Blood Cells	T4 & Potassium	Total Protein
HDL (Good Chol.)	Hemoglobin	Phosphorus & eGFR	Albumin
Non-HDL	Hematocrit	Chloride & Sodium	Uric Acid
LDL (Bad Chol.)	Platelet Count	Alkaline Phosphatase	Iron
Cholesterol Ratio	Red Blood Cell	Total & Direct Bilirubin	Magnesium
Triglycerides	MCH & MCV	SGOT, SGPT, Gamma GTP & LD	

- Blood Pressure Reading
- Measured Height & Weight with Body Mass Index Calculation

WHO CAN PARTICIPATE?	SCREENING FEES Lipid & Glucose	UPGRADE FEE Panel C	ADDITIONAL TEST FEES
NXP Full-Time, US Employees	No cost to you, covered by your company	Self-pay, \$20	Self-pay, please see Additional Tests Menu for tests & fees

Payment will be collected the day of the event by credit card or check only. Please make checks payable to Empower Health Services. All tests qualify as reimbursable expenses for flexible spending and health savings accounts.

View Notice For Employer-Sponsored Wellness Programs at <https://pub.lucidpress.com/EHSnotice>
View Screening Waiver at <https://pub.marq.com/EHSWaiver2025>

Panel C Upgrade	*A \$175 value!*	\$20
Upgrade your Lipid & Glucose blood test to the Comprehensive Panel C blood test. The Panel C adds 31 blood chemistry tests in addition to the lipid and glucose panel. This testing can detect infections and certain cancers, liver and gallbladder abnormalities, gastrointestinal disorders, kidney disease, nutritional disorders, anemia, and thyroid disease. <u>The Panel C is a \$175 value!</u>		
Allergy (RAST)		\$75
Common allergens include Alternaria tenuis (mold), English plantain, Kentucky bluegrass, Bermuda grass, short ragweed, oak, elm, dust mites, and cats and dogs. This panel tests your body's sensitivities to these substances. Those who have undergone any radioactive scans or treatment in the past week should avoid this test.		
Blood Type (ABO & Rh Factor)		\$18
This test determines your blood type: A, B, AB, or O. Since not every blood type (A, B, AB, or O) is compatible with the other, knowing your type is useful for donating blood or in the instance of transfusion or transplant.		
Female Hormone Profile	women's health	\$60
The hormones tested in this screening are follicle-stimulating hormone (FSH) and luteinizing hormone (LH). Testing FSH levels can help identify menstrual irregularities or menopause, and LH can help determine fertility issues. Several factors can cause abnormal test results, including medications, estrogen, progesterone, and if you are menstruating.		
Homocysteine	heart health	\$65
Homocysteine is an amino acid in our bodies that can be measured through a blood test. High levels of this amino acid are linked to an increased risk of heart attack or stroke.		
Inflammatory Joint Disease		\$47
This panel tests levels of RF Factor, C-Reactive Protein, Uric Acid, and ANA. Testing these together can help diagnose autoimmune diseases like rheumatoid arthritis and lupus, as well as gout.		
PSA (Prostate Specific Antigen)	men's health	\$40
This test can help determine signs of prostate cancer in men. The American Cancer Society and many healthcare providers recommend that men age 50 and over routinely screen for prostate cancer. Men younger than age 50 with a family history of prostate cancer are also encouraged to screen.		
T4, Free	men's health women's health	\$25
The thyroxine (T4) hormone comes in two forms, free T4 and bound T4. This test measures the amount of free T4 in the blood and can help identify thyroid issues or aid in monitoring people with a diagnosed thyroid problem.		
Testosterone (Male Hormone)	men's health women's health	\$47
Testosterone is a reproductive hormone produced at differing levels in both men and women. This test measures testosterone levels to aid in the detection and diagnosis of infertility or glandular disorders.		
Thyroid-Stimulating Hormone (TSH)	men's health women's health	\$25
The testing of thyroid-stimulating hormone (TSH) is routinely used for the diagnosis of thyroid disease. TSH is produced by the pituitary gland and stimulates the release of T3 and T4 from the thyroid gland.		
Vitamin D	men's health women's health diabetes heart health	\$40
This test measures the amount of vitamin D in the body. Healthy amounts of vitamin D help control your system's calcium and phosphate levels. Your body thrives on vitamin D and needs it to absorb calcium and promote bone growth.		
Vitamin Deficiency Anemia	men's health women's health	\$37
Without enough vitamin B12, folate, and iron in the body, there is a risk for health conditions such as anemia. This test measures if you are getting enough of these vitamins and minerals.		

All tests qualify as reimbursable expenses for flexible spending and health savings accounts.

Onsite Screening Locations & Dates

Oak Hill - Austin, TX

March 23, 2026, 5 am - 10:30 am (Oak Hill Cafe)

March 24, 2026, 5 am - 10:30 am (Oak Hill Cafe)

March 25, 2026, 5 am - 10:30 am (Oak Hill Cafe)

March 26, 2026, 5 am - 10:30 am (Oak Hill Cafe)

March 27, 2026, 5 am - 10:30 am (Oak Hill Cafe)

Holger Way - San Jose, CA

April 1, 2026, 7 am - 11:30 am (Holger Way Lounge)

Ed Bluestein - Austin, TX

April 20, 2026, 5 am - 10 am (Bldg. K - Activity Center)

April 21, 2026, 5 am - 10 am (Bldg. K - Activity Center)

April 22, 2026, 5 am - 10 am (Bldg. K - Activity Center)

April 23, 2026, 5 am - 10 am (Bldg. K - Activity Center)

April 24, 2026, 5 am - 10 am (Bldg. K - Activity Center)

Chandler, AZ

April 27, 2026, 5 am - 10 am (Canyon de Chelly)

April 28, 2026, 5 am - 10 am (Canyon de Chelly)

April 29, 2026, 5 am - 10 am (Canyon de Chelly)

April 30, 2026, 5 am - 10 am (Canyon de Chelly)

May 1, 2026, 5 am - 10 am (Canyon de Chelly)



Schedule your appointment today!

empower.health

NEW!

Download our app! Simply scan the QR code on your mobile device and follow the steps [HERE](#).

1. Go to: empower.health

Returning Participants: If you previously created an account, sign in under "Welcome Back!"

New Participants: Complete "New User" fields and enter client code: **nxp**

A verification email will be sent. Verify your email address to activate your account.

2. On the dashboard, click "Register" to schedule an appointment for an onsite event

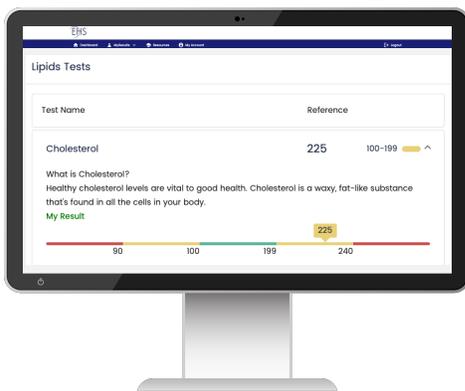
3. Once you have scheduled an appointment, download and **print one (1) copy of your requisition** to bring to your screening

Registration closes at NOON the business day prior to your event.

You MUST fast 8 hours and drink 2 glasses of water 1-2 hours prior to your appointment.

No cream, sugar, milk, milk alternatives, honey, and sweetener of any kind.

NOTE: Take all medications as prescribed. If you have any questions about taking medication while fasting, please consult with your healthcare provider.



What happens after my screening?

Participants will receive a personalized and easy-to-understand report within 2-3 days of the event (pending additional tests ordered) through the secure and confidential empower.health portal. All participants will have one year of unlimited access to additional portal resources.

Need assistance? Please contact the EHS Customer Support Team at 866.367.6974 or support@empowerhealthservices.com