

What to Expect: Your Caterpillar Health Exam

Congratulations on taking the first step towards a healthier you! The Caterpillar Health Exam program is a benefit available to certain full-time and part-time Caterpillar employees. A Caterpillar Health Exam offers an opportunity to learn more about your current health, review your health history, discuss any personal risk factors, and ask questions.

What to Expect with Your Exam

A Caterpillar Health Exam is a comprehensive health check that takes place over two appointments and includes:

- Fasting blood panel to measure glucose, cholesterol levels, and more
- Head-to-toe physical exam
- Review of health history and recent tests results
- Discussion of any health risk factors

A Caterpillar Health Exam is a benefit provided under Caterpillar's group health plans, and your personal health information collected during the exam is protected by the Health Insurance Portability and Accountability Act of 1996 (HIPAA). The Caterpillar Health Exam benefit is **entirely voluntary**—meaning you can decline any testing and any/all portions of the exam.

Caterpillar Health Exam - Part 1

Part 1 of the Caterpillar Health Exam is completed prior to your physical examination and includes a fasting chemistry panel, complete blood count (CBC), and collection of major biometrics, including:

- Height
- Weight
- Body mass index (BMI)
- Waist circumference
- Blood pressure
- Heart rate
- Fasting glucose
- Total cholesterol
- Triglycerides
- High-density lipoprotein (HDL)
- Low-density lipoprotein (LDL)
- Prostate Specific Antigen (PSA) (if indicated)

Part 1 of the exam may also include an electrocardiogram (EKG), if indicated.

Caterpillar Health Exam - Part 2

Part 2 of the Caterpillar Health Exam consists of a head-to-toe examination and consultation with a licensed healthcare provider. In certain instances, additional medical staff may also be present for your physical examination. You can expect your appointment to last approximately one hour, which allows time for a thorough assessment. The appointment generally includes:

- Review of medical history
- Review of results of blood tests performed prior to the exam
- Completion of a head-to-toe physical exam
- Review of physical exam findings and discussion of individual risk factors as well as suggested next steps

Part 2 of the exam may also include a prostate exam for certain male patients based on age and/or other risk factors.

If you have questions about your Caterpillar Health Exam, please do not hesitate to contact your local Caterpillar Medical station or call Caterpillar Total Health Services at 309-675-7975.