

### What are Wellness Rewards?

South Texas Blood & Tissue Center (STBTC) offers Wellness Rewards to our donors. Donors can earn points to receive select health screening exams at no cost.

With these tools, donors can monitor their health and that of their families. STBTC has partnered with other health care organizations to bring you this service.

Together we can improve the health of South Texans!

### How Does the Program Work?

Donors earn points to redeem for health screening tests.

**Points earned** (Points are based on the type of donation.)

- 1 point ..... Whole blood donation
- 1 point ..... Plasma donation
- 2 points ..... Platelet donation
- 2 points ..... Dual red cell donation



**Points redeemed**

- 2 points .....Cholesterol: Lipid Profile
- 2 points .....Diabetes Screening: Hemoglobin A1C
- 4 points .....Prostate Cancer Screening: PSA

To redeem your points, go to [donatingforlife.org](http://donatingforlife.org) or call 210.731.5555, ext. 1936, (or 800.292.5534 ext. 1936), and make an appointment to have a small sample of blood drawn. Testing is done by appointment only at any donor room location. The results will be mailed to you within 7 - 10 business days.

**Points transferred**

You may also transfer your earned points to another person (over the age of 18) so he or she can take advantage of these wellness screenings. Call the number listed above and give your name, number of points you are donating, and the name and phone number of the person who will redeem them. Then, an STBTC rewards supervisor will call them individually for an appointment.

You may also donate your points to one of our partnering organizations: American Cancer Society, American Diabetes Association, or American Heart Association.

### Steps to a Healthier You!

1. Donate regularly and earn points.
2. Visit [donatingforlife.org](http://donatingforlife.org) to check how many points you've earned.
3. When you have enough points, redeem online or by calling STBTC. Make an appointment to have a vial of blood drawn at the site that's convenient for you.
4. We'll mail you the results in about 7-10 business days.

*(You must be at least 18 years old to participate in the Wellness Rewards program. Points are good for two years.)*

## **Cholesterol Screening: Lipid Profile**

### What is the purpose of the lipid profile test?

The lipid profile test is a group of tests that can help determine the risk of coronary heart disease. The test includes a check of your total cholesterol, high density lipoprotein (HDL or good cholesterol), low density lipoprotein (LDL or bad cholesterol) and triglyceride levels.

### Why is the lipid profile test important?

Having high cholesterol increases your risk of developing heart disease, so testing your blood for cholesterol can be a matter of life and death.

### How do I prepare for this test?

To get an accurate and true cholesterol screening, you should fast nine to 12 hours before the test.

## **Diabetes Screening: Hemoglobin A1C**

### What is the purpose of the hemoglobin A1C test?

The test measures your average blood glucose control for the past 2 to 3 months. The hemoglobin A1C test does not replace daily self-testing of blood glucose. It's recommended that you check your A1C twice a year at a minimum, or more frequently when necessary.

### Why is the hemoglobin A1C important?

Diabetes is a serious disease that often goes undiagnosed and can lead to heart disease, kidney disease, amputations and blindness. The Texas Diabetes Council estimates 425,157 persons aged 18 and older in Texas have undiagnosed diabetes.

### How do I prepare for this test?

No special preparation is needed.

## **Prostate Cancer Screening: PSA**

### What is the purpose of the PSA test?

The prostate-specific antigen blood test (PSA test) is a screening test that measures the amount of prostate-specific antigen (PSA) in a man's blood. If levels are high, it may indicate a risk for prostate cancer.

### Why is the PSA test important?

Doctors' recommendations for screening vary. Some encourage yearly screening for men over age 50, and some advise men who are at a higher risk for prostate cancer to begin screening at age 40 or 45. PSA is a chemical made by the prostate, a gland located near a man's bladder that produces the fluid in semen. PSA levels normally increase as a man ages, but a higher-than-normal PSA level can be one clue that cancer has developed. However, high levels of PSA also can be found in other conditions that are noncancerous.

### How do I prepare for this test?

You should abstain from sexual activity for at least 48 hours prior to having your PSA level tested. If you recently have had cystoscopy, needle biopsy of the prostate, or a urinary tract infection, you should check with your doctor before scheduling your PSA test.

**Disclaimer:** The information contained in this brochure or found on our website is provided for general informational purposes only and SHOULD NOT be relied upon as a substitute for sound professional medical advice, evaluation, or care from your physician or other qualified health care provider. Nothing in this brochure or provided on our website should be used for treating or diagnosing a medical or health condition, or for replacing any relationship with your physician or other qualified health care provider. The health information furnished in this brochure or found on our website is not intended to, or implied to be, professional medical advice. You are encouraged to consult other sources and confirm the information contained in this brochure or on our website. Consult your own physician regarding the applicability of any opinions or recommendations with respect to your symptoms or medical condition. For medical concerns, including decisions about medications and other treatments, you should always consult your physician or other, qualified health care professional.