

What is health screening?

Health screening is a form of preventative healthcare which involves questions and/or tests used to indicate your risk for certain diseases and medical conditions. The onsite health screening is quick and easy and takes only 20 minutes to complete. The screening is free.

TTC is bringing health screenings to work locations to encourage employees to get screened for risk factors associated with heart disease, diabetes, high blood pressure and obesity.

Why should I get screened?

Getting a health screening is an opportunity to get to know your risks for heart disease, diabetes, high blood pressure and obesity. Knowing your risk factors can help you to take action to protect and improve your health and well-being.

Should everyone get a health screening?

Everyone should undergo regular health screenings; however, those who are, or may, be pregnant must inform the nurse at the beginning of their appointment.

What measurements are taken?

Measurements will include:

- Blood Pressure
- Cholesterol
- Glucose or A1c
- Height, Weight, and BMI
- Waist Circumference

Knowing and understanding these measurements is the first step in reducing your risk of heart disease, diabetes, high blood pressure and obesity. Together these conditions cause over one third of Canadian deaths every year.

Who will be performing the health screening?

A Registered Nurse from The Health Team.

How is the screening performed?

A Registered Nurse takes measurements and analyzes certain health information and biometric values. The nurse will provide you with a results package, a consultation and health improvement recommendations. You can then take these to your own health care provider to discuss your risk factors and recommendations further.

How are Glucose, A1c and Cholesterol measured?

Blood is obtained using the finger-prick method. This is a relatively painless procedure involving only a few drops of blood.

How long does the screening take?

The screening will take approximately 15-20 minutes. Please arrive early to ensure you are on time for your appointment.

Do I receive my results right away?

Yes. You will receive your results during the appointment and the Registered Nurse will explain what they mean. Using your screening results you can complete an online Health Risk Assessment to estimate the level of health risk and provide feedback on behaviour changes you can make to reduce your risks.

Are my results confidential?

Yes. Individually identifiable data will never be shared with any other third party, including the TTC.*

Is there anything I need to bring?

Yes, your employee pass. These screening appointments are only available to TTC employees.

Do I need to fast?

No. The assessments provide “casual” results and the optimal ranges are adjusted accordingly.

What should I wear?

Casual attire is appropriate. A short sleeved shirt is preferable for some of the measurements; however, not mandatory.

What do I do once I receive my results?

After you receive your results, you should review your measurements with your health care provider. Please consult a physician prior to any lifestyle or behavioural changes that could affect your health.

How do I make an appointment?

Visit ttcwellness.com or call 1-877-339-0400. You can make your appointment at any of locations that are listed.

Who is the Health Team?

The TTC cares about your health and well-being. That’s why we brought in an external third party, The Health Team, to provide you with a free, health screening.

Is this on my own time?

Yes. You can attend a health screening at any of the work locations listed.

*Subject to exception under CCMTA guidelines for commercial drivers

What happens if my blood pressure reads above the Canadian Council of Motor Transport Administrators (CCMTA) medical standard for commercial drivers?

A blood pressure reading of **170/110 or higher** is known as a moderate to severe hypertensive state, which is associated with immediate health risks. Employees whose duties include driving commercially and have readings at this level must have their results forwarded to the TTC's Occupational Health and Claims Management group (OCHM). OCHM will then advise the employee's work location that the employee cannot currently drive commercially. The employee will be able to resume driving duties upon providing a detailed medical evaluation from a physician that states the employee can drive commercially again. In the interim, non-driving duties may be arranged through OHCM, if appropriate.

*****If the employee has a shift that must be canceled on the day of screening as a result of the hypertensive crisis, the employee will not lose pay for the day.*****