

Fountain Health WELLNESS JOURNEY



Fountain Health is changing the health benefits landscape.. Fountain Health is unlike any type of health benefit you've ever had. While we cover all traditional claims, our primary focus is on keeping you healthy. To achieve this, you have access to the Fountain Health Wellness Journey! Along this journey you will which includes wellness visits as well as a range of diagnostic tests aimed at finding illnesses in their infancy.

Early detection is the most important thing you can do for your health!

Your Wellness Journey Includes:



ANNUAL PREVENTATIVE VISITS

Information Fountain Health is committed to keeping you healthy through four annual wellness visits. These diagnostic appointments are in addition to your annual physical – all visits are fully covered by your health insurance plan.

Your wellness visits occur virtually and can be done with a certified Fountain Health Provider or your primary care provider. They aim to find illnesses such as cancer and heart disease in their infancy so that you can be treated before any irreversible harm is caused.



CONTINUOUS GLUCOSE MONITOR (CGM)

A small Bluetooth-enabled sensor applied to the arm tracks blood sugar levels using a continuous glucose monitoring (CGM) system—without the need to draw blood. This simple tool will provide real-time feedback on the way your body metabolizes glucose. This allows us to better understand your unique metabolism to determine how food, stress, sleep, and exercise impact your body. Your CGM measurements will validate any dietary and lifestyle changes, allowing you to truly optimize your health and performance.

Your CGM device will track your carbohydrate tolerance and glucose levels in real time over a 24-hour period.



HEART SCAN

More than 50 percent of people who suffer a heart attack do so without experiencing any symptoms. This procedure is the only test that identifies the specific location and type of different types of plaque, including soft plaque that is prone to rupture.

If a CCTA is required, you'll receive iodinated contrast material by intravenous (IV) injection to ensure the best possible images of the heart vessels. The AI overlay identifies, characterizes, and quantifies plaque buildup to support your physician in determining your risk of a heart attack. This visual snapshot allows us to implement changes and treatments where necessary, so we can prevent heart attack, heart failure, and stroke.



EARLY CANCER DETECTION TEST

This simple blood test screens for over 50 types of cancer – over 45 of which lack regular screening tests today. This first-of-its-kind Multi-cancer Early Detection (MCED) blood test uses advanced genomics and machine learning to determine the presence and origin of cancer signals. Early detection of cancer has been demonstrated to improve cancer outcomes, yet today, most cancers are detected in late stages. Only five cancer types have recommended screenings – breast, cervical, colon, lung, and prostate cancers – and even those often find cancer when it's too late. This multi-cancer early detection test is effective in finding cancers at stages 0 to 1, enabling doctors to treat before cancer spreads.



EXECUTIVE BLOOD PANEL

You will receive a comprehensive bloodwork panel to assess your kidney and liver function; vitamin and mineral levels; hormones; lipid panels; and glucose markers. This test will flag potential health risks and enable our team to make suggestions to optimize your health and performance – including nutritional and lifestyle changes.



BRAIN MRI

This test measures brain volume, identifies white matter brain lesions, shows disease-specific biomarkers, and quantifies changes in brain structures over time. The MRI exam is a non-invasive test that uses a magnetic field to produce a detailed picture that can analyze brain patterns and detect neurodegenerative diseases in their infancy.

Note: The brain MRI exam will require you to lie on your back and to be still in an enclosed space. The MRI exam does not expose you to radiation and is non-invasive.



DEXA BONE DENSITY SCAN

The DEXA bone density scan measures the mineral content of your bones and, ultimately, your bone strength. This provides helpful details on your risk for osteoporosis (bone loss) and fractures (bone breaks). The DEXA scan can track bone health changes over time and monitor treatment to determine its efficacy. DEXA also measures body composition, such as body fat and muscle mass.

