



Active Employee Medical Checklist

- Medical Authorization and Release Form
- Physical Exam Record Form
- Medical Questionnaire Form
- Cardiac Risk Factors Form
- Audiometric/Hearing Exam Results
- EKG (electrocardiogram) For Persons Age 40 and over *or* History of Cardiac Issues
- Blood Work Results
- Urinalysis (not drug test) Results
- Drug Test (see Drug Testing Information)
- Copy of Official Vaccinations Record *or* Blood Work Showing Active Immunity
- Chest X-ray Written Interpretation *only required if not already on file*
- Blood Type & Rh Factor



Drug Testing Information

- All employees working on expatriate assignments are required to submit a specimen (either: urine, blood, saliva, hair) for laboratory based drug testing.
- Testing must be laboratory based for both screen and, if necessary, confirmation. Testing with handwritten results will not be accepted. Laboratory print out only.
- Results will not be accepted if they are more than 30 days old at the time of submission.
- When testing in the U.S. the testing must include at minimum a five panel non-DOT test.
 - Amphetamine (including Methamphetamine)
 - Cocaine Metabolites
 - Marijuana Metabolites
 - Opiates (including Codeine, Morphine, and Heroin)
 - Phencyclidine
- Outside of the U.S. testing will, at minimum, consist of testing for Marijuana and Cocaine. It is preferred that at least a five (5) panel test be administered wherever possible.
- All non-negative drug screens must be forwarded to a certified laboratory for confirmatory analysis (SAMHSA in the U.S.).



Mobilization Medical Evaluation Information

Per KBR International HR policy, you are required to undergo a fitness for duty medical evaluation while on an expatriate assignment every two years. You may visit your personal physician or the health care facility of your choice to have this medical evaluation done. KBR does not have preferred health care facilities nor does KBR maintain a list of facilities located globally. If you are having difficulty finding a health care facility on your own, you may contact International SOS (ISOS) for assistance. Please reference KBR's membership #: 11BCPA000105.

If calling from:	Call Assistance Center in:	At this number:
U.S. or Canada	Philadelphia, PA	1-800-523-6586 Call collect: 1-215-942-8226
Mexico or South and Central America	Philadelphia, PA	Call collect: 00-1-215-942-8226
Europe, CIS, Africa or the Middle East	London	Call collect: 44-208-762-8008
Asia, Australia or the Pacific Rim	Singapore	Call collect: 65-6338-7800

To avoid delays ensure results and documents are legible and in English. Results may be submitted via email (preferred) to rafael.lopez@kbr.com, fax (713)753-3135 or via postal service to the attention of KBR Medical Office, Rafael Lopez, 601 Jefferson St., Houston, TX 77002.

All medical results and documents are received and stored confidentially in accordance with privacy laws. No part of these results or documents are discussed with anyone other than need to know personnel. Furthermore, details or specifics of results are *not* shared or discussed with HR/Management.

Once all the results, documents, and required proof of vaccinations have been received, the complete chart will be submitted to KBR's Medical Director for final review. After medical clearance has been granted a notification will be sent to HR stating medical clearance and you will be copied.

If you have any question please contact Rafael Lopez, Senior HSSE Medical Specialist at rafael.lopez@kbr.com or (713)753-3817.

KEEP WITH YOUR IMPORTANT TRAVEL DOCUMENTS

International SOS Medical and Security Services

Membership I.D.
11BCPA000105

Organization
KBR, Inc.

Call our medical and security experts 24/7.
Call for preventative or emergency enquiries.
Call before, during and after travel or assignment.



Bali
+62 21 766 4633

Bangkok
+66 2 205 7777

Beijing
+86 (0) 10 6462 9100

Dubai
+971 4 601 8777

Frankfurt
+49 6102 3588 100

Geneva
+41 22 785 6464

Ho Chi Minh City
+84 28 3829 8520

Hong Kong
+852 2528 9900

Jakarta
+ 62 21 750 6001

Johannesburg
+27 (0) 11 541 1300

Kuala Lumpur
+603 2787 3126

London
+44 (0) 20 8762 8008

Madrid
+34 91 572 4363

Manila
+63 (2) 8687 0909

Moscow
+7495 937 64 77

Mumbai
+91 22 42838383

Paris
+33 (0) 155 633 155

Philadelphia
+1 215 942 8226

Phoenix
+1 480 333 3595

Seoul
+82 (2) 3140 1700

Singapore
+65 6338 7800

Sydney
+61 2 9372 2468

Taipei
+886 2 2523 2220

Tokyo
+81 3 3560 7183

WHEN DO I USE INTERNATIONAL SOS?

PREPARE

before you leave home:

- Keep your membership card safe and with you at all times
- Call an Assistance Centre for free pretravel information (i.e. vaccination, required medication and travel security concerns)
- Download the Assistance App, log in using your membership number to help you make more informed travel decisions based on our online medical and security reports and country travel risk guides
- Sign up for health and security email alerts
- Inform friends and family that you are with International SOS, so they can get in touch with us should they have any concerns for your welfare while you are away

WHILE ABROAD

all medical and security enquiries, be they of a routine or medical nature:

- Free and unlimited health, safety, and security advice
- Find a local nurse, internationally trained doctor or security specialist near you
- Find medication or medical equipment
- Travel advice on loss of travel documents or legal assistance
- Assistance paying your medical fees

IN AN EMERGENCY

we provide all necessary emergency services, including:

- Arranging medical transportation and care
- Monitoring your condition and provide advice along the way
- Evacuating you when necessary
- Contacting your family, so they know you are in good hands.

WHERE DO I ACCESS MORE INFORMATION?

DOWNLOAD YOUR FREE ASSISTANCE APP

1

Login to internationalsos.com/members to sign up for health and security email alerts using your membership number or:

2

Download the free Assistance App from app.internationalsos.com to contact us and help you make more informed travel decisions based on our online medical and security reports and country travel risk guides.



Or scan this code to download from your device's App Store

Access Your Member Portal at internationalsos.com/members



Medical Authorization and Release

I acknowledge that the use of and/or possession of prohibited drugs, including inhalants, and unauthorized alcoholic beverages is a violation of Company policies.

As a condition of employment and further as a condition of performing services for my employer in support of existing contracts; I consent to submit to a physical examination, medical screening, or medical questionnaire(s) as required by my employer. I also give my consent for specimens to be collected from me to be submitted for drug and/or alcohol testing and additional medical testing as required.

I agree that my employment shall be conditional pending the subsequent results of any medical evaluation and substance testing.

Further, I hereby consent to the release of any and all test results to my employer for its use or use by an authorized agent.

I release and agree to hold my employer, and all their officers, directors, employees and agents harmless from any claim or liability which for any reasons the Company is alleged to be legally liable in conjunction with the physical evaluation, or the drug and/or alcohol testing.

Date: _____

Employee Name
(Please Print): _____

Employee Signature: _____

Witness: _____

PHYSICAL EXAMINATION RECORD (To be completed by examining physician)

NAME (LAST, FIRST, MIDDLE)		DATE OF BIRTH (01JAN1950)	SAP/EMPLOYEE NUMBER	
JOB TITLE		ASSIGNMENT LOCATION	Age	Sex <input type="checkbox"/> M <input type="checkbox"/> F

VITALS		VISION				Female Only: Pregnancy Test (only if required) <input type="checkbox"/> Negative <input type="checkbox"/> Positive
HT ▶	UNCORRECTED Far Near	CORRECTED Far Near		COLOR VISION <input type="checkbox"/> Normal <input type="checkbox"/> Abnormal		
WT ▶						
B/P reading(s):	B	B	B		B	
	R	R	R		R	
	L	L	L	L		
URINALYSIS	(dip results if performed): Protein:		Blood:	Glucose:		

PHYSICAL EXAMINATION ▶ FOR ABNORMAL FINDINGS, ✓ BOX, MARK (L) OR (R) AND EXPLAIN BELOW				
	DESCRIPTION	NORMAL	ABN	COMMENTS
APPEARANCE	Body Build (Note obesity, etc.)			
	Skin (Note scars, location, size)			
EYES	Pupils (Note ERLA)			
	Fundi			
EARS	Canals			
	T.M.'s			
	Gross Hearing			
NOSE	Nostrils/Sinuses			
MOUTH	Throat			
	Teeth			
	Gums			
ENDOCRINE	Lymph Glands			
	Thyroid			
CARDIOVASCULAR	Heart sounds, rhythm, murmur			
PULMONARY	Lung sounds, chest			
ABDOMEN	Inspection			
	Abdominal Masses			
	Hernia/type			
GENITAL (MALES)	Genitalia			
RECTAL	Prostate/Hemorrhoids			
MUSCULOSKELETAL	Full ROM			
LEG VEINS	Varicose (Note severity)			
BREAST				
NEUROLOGICAL	Coordination			
	Motor Function			

Needs further evaluation: _____
 Follow up with personal doctor for: _____

Additional Comments: _____

EXAMINER: _____ DATE: _____

(Please Stamp Form)

PHYSICIAN: Please complete and sign below for validation*

Employee/Applicant NAME (LAST, FIRST, MIDDLE)	SAP/EMPLOYEE NUMBER
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JOB DUTIES: Comment on any significant positive or pertinent negative medical findings. Include your opinion as to what, if any, work limitations or workplace modifications are needed to accommodate the examinee. If this is a pre-placement exam, do NOT comment on whether the examinee should be hired.

- Medically capable of performing job duties without limitations
- Requires limitations or restrictions in job duties that are:
 - Permanent
 - Temporary (expected end date) _____

Explain:

DEPLOYMENT READINESS: Comment on any significant medical conditions that require ongoing medical care or that could deteriorate while on assignment and require medical services not available in the assignment location.

Assignment Location: _____

- Does not require medical services exceeding the medical capabilities in the assignment location
- May require medical services not available in the assignment location (explain)

- Requires on going medical services not available in the assignment location (explain)

Will this individual's medical status or medical care requirements change in the next 6 months?

- NO
- YES or POSSIBLY (Explain)

EXAMINER _____ DATE: _____
(Please stamp form)



MEDICAL QUESTIONNAIRE (completed by employee/applicant)

HR Representative _____

WBS# _____

Project and location _____

DEMOGRAPHIC DATA

Job Title _____

Name _____
 (Last) (First) (Middle)

Home Address _____

City _____ State _____ Postal Code _____

Mobile Phone _____ Other Phone _____

E-mail _____

Birth Date _____ Age _____ Sex M F Height _____ Weight _____

Personal Physician _____ Phone # _____

Address _____

City _____ State _____ Postal Code _____

ANSWER THE FOLLOWING QUESTIONS COMPLETELY AND ACCURATELY.

WORK & EXPOSURE HISTORY

1) Have you ever worked for KBR and/or Associated Companies?
 NO YES

2) Are you able to perform the essential functions of your job without changes to specific work tasks, assistive devices or workplace modifications?
 NO YES (explain what assistance, workplace or job duty changes you require)

3) Check or list the occupational hazards to which you have been exposed:
 Noise Ionizing Radiation Lead Mercury Beryllium Cadmium
 Asbestos Silica Dust Coal Dust Benzene H2S
 Other: Explain: _____

4) Have you developed any medical condition(s) in connection with your occupation?
 (e.g. hearing loss, skin problems, wheezing, backache, blood disease, etc.)
 NO YES, explain: _____

5) Have you ever been denied employment for a medical reason?
 NO YES, explain: _____

6) Have you ever had to leave a job for medical reasons?
 NO YES, explain: _____

MEDICAL HISTORY

7) Within the last 24 hours have you had:
 Fever Toothache Cold or flu symptoms Nausea, vomiting, diarrhea
 Other illness _____

8) In the past 12 months have you required any medical or dental care or had any significant changes in your health?
 NO YES, explain: _____

9) Have you ever had cancer: NO YES, explain: _____

10) List all of medications you currently take (prescribed or over-the-counter).

11) List any other medications (prescribed or over the counter) taken in the last 30 days.

12) FEMALES ONLY - Is there any possibility you may be pregnant or are you trying to get pregnant? YES NO
Any gynecological problems? _____

13) VISION

<input type="checkbox"/> Poor night vision	<input type="checkbox"/> Difficulty with depth perception
<input type="checkbox"/> Blurred vision	<input type="checkbox"/> Eye allergies or infections
<input type="checkbox"/> Burning/tearing/redness of eyes	<input type="checkbox"/> Eye surgery
<input type="checkbox"/> Cataracts	<input type="checkbox"/> Glaucoma
<input type="checkbox"/> Wear glasses/contacts <input type="checkbox"/> For reading? <input type="checkbox"/> For distance?	<input type="checkbox"/> Color blindness
Explain _____	
<input type="checkbox"/> None of the above	

14) HEAD, EARS, NOSE

<input type="checkbox"/> Concussion	<input type="checkbox"/> Skull fracture	<input type="checkbox"/> Hearing difficulty
<input type="checkbox"/> Persistent ringing in ears	<input type="checkbox"/> Ear surgery	<input type="checkbox"/> Draining ears
<input type="checkbox"/> Frequent ear infections	<input type="checkbox"/> Deafness	<input type="checkbox"/> Vertigo
<input type="checkbox"/> Frequent Sinus Infections	<input type="checkbox"/> Eardrum puncture	<input type="checkbox"/> Nose Bleeds
<input type="checkbox"/> Barotrauma - ear damage due pressure changes (explosion, diving, flying)		
Other _____		
Explain _____		
<input type="checkbox"/> None of the above		

15) MOUTH & TEETH

<input type="checkbox"/> Untreated cavities	<input type="checkbox"/> Broken teeth	<input type="checkbox"/> Dental implants
<input type="checkbox"/> Dentures	<input type="checkbox"/> Other dental appliances	<input type="checkbox"/> Gingivitis
<input type="checkbox"/> Other gum disease	<input type="checkbox"/> Mouth or Throat Cancer	<input type="checkbox"/> Mouth ulcers
<input type="checkbox"/> Other dental disease: _____		
Explain: _____		
<input type="checkbox"/> None of the above		

16) NERVOUS SYSTEM

<input type="checkbox"/> Epilepsy/Seizures/Convulsions	<input type="checkbox"/> Head injury or unconsciousness
<input type="checkbox"/> Stroke	<input type="checkbox"/> Frequent dizziness
<input type="checkbox"/> Numbness in arms/hands/legs/feet	<input type="checkbox"/> Frequent headaches/Migraines
<input type="checkbox"/> Sudden or increased memory loss	<input type="checkbox"/> Weakness or paralysis
Explain: _____	
<input type="checkbox"/> None of the above	

17) MENTAL HEALTH

<input type="checkbox"/> ADD/ADHD	<input type="checkbox"/> Drug/Alcohol use disorder	<input type="checkbox"/> Psychosis
<input type="checkbox"/> PTSD	<input type="checkbox"/> Anxiety disorder	<input type="checkbox"/> Depression
<input type="checkbox"/> Any other mental health or psychological disorder		
Explain: _____		
<input type="checkbox"/> None of the above		

18) CHEST & RESPIRATORY SYSTEM

<input type="checkbox"/> Allergies/Hay fever	<input type="checkbox"/> Coughing up phlegm	<input type="checkbox"/> Pneumonia
<input type="checkbox"/> Asthma	<input type="checkbox"/> Frequent colds	<input type="checkbox"/> Severe sore throat
<input type="checkbox"/> Broken ribs	<input type="checkbox"/> Tuberculosis	<input type="checkbox"/> Shortness of breath
<input type="checkbox"/> Bronchitis	<input type="checkbox"/> Spitting up blood	<input type="checkbox"/> Chronic cough
<input type="checkbox"/> Night sweats	<input type="checkbox"/> Wheezing	<input type="checkbox"/> Sleep apnea
<input type="checkbox"/> Currently use a CPAP or any other breathing device		
Explain: _____		
<input type="checkbox"/> None of the above		

19) ENDOCRINE

<input type="checkbox"/> Thyroid disease	<input type="checkbox"/> Diabetes <input type="checkbox"/> Type I <input type="checkbox"/> Type II
<input type="checkbox"/> Pancreatic disease	<input type="checkbox"/> Parathyroid disorder
<input type="checkbox"/> Pituitary disorder	<input type="checkbox"/> Adrenal gland disorder
Explain: _____	
<input type="checkbox"/> None of the above	

20) HEART & CIRCULATORY

<input type="checkbox"/> High blood pressure	<input type="checkbox"/> Heart attack/Infarction	<input type="checkbox"/> High cholesterol
<input type="checkbox"/> Irregular or rapid heartbeat	<input type="checkbox"/> Enlarged heart	<input type="checkbox"/> Heart failure
<input type="checkbox"/> Arrhythmia requiring treatment	<input type="checkbox"/> Atrial fibrillation	<input type="checkbox"/> Pacemaker
<input type="checkbox"/> Heart valve disease	<input type="checkbox"/> Stent placement	<input type="checkbox"/> Heart surgery
<input type="checkbox"/> Chest pain with exercise	<input type="checkbox"/> Abnormal EKG	<input type="checkbox"/> Heart block
<input type="checkbox"/> Deep vein thrombosis	<input type="checkbox"/> Varicose veins	<input type="checkbox"/> Heart murmur
Explain: _____		
<input type="checkbox"/> None of the above		



21) STOMACH / INTESTINAL TRACT

<input type="checkbox"/> Persistent stomach pain	<input type="checkbox"/> Excessive gas/Bloating	<input type="checkbox"/> Black stools
<input type="checkbox"/> Stomach ulcer	<input type="checkbox"/> Vomiting/Nausea	<input type="checkbox"/> Blood in stools
<input type="checkbox"/> Change in bowel habits	<input type="checkbox"/> Unexplained weight loss or gain	
<input type="checkbox"/> Chronic indigestion	<input type="checkbox"/> Inflammatory bowel disease	<input type="checkbox"/> Hernia
Explain:	<input type="checkbox"/> None of the above	

22) LIVER

<input type="checkbox"/> Cirrhosis	<input type="checkbox"/> Hepatitis	<input type="checkbox"/> Jaundice	<input type="checkbox"/> Gall bladder surgery
<input type="checkbox"/> Portal hypertension	<input type="checkbox"/> Other		
Explain:	<input type="checkbox"/> None of the above		

23) KIDNEY / BLADDER

<input type="checkbox"/> Blood in urine	<input type="checkbox"/> Difficulty starting urination	<input type="checkbox"/> Kidney stones
<input type="checkbox"/> Pain with urination	<input type="checkbox"/> Kidney/Bladder infection	<input type="checkbox"/> Prostate problems
Other		
Explain:	<input type="checkbox"/> None of the above	

24) BLOOD & CLOTTING CONDITIONS

<input type="checkbox"/> Anemia (low blood)	<input type="checkbox"/> Leukemia	<input type="checkbox"/> Sickle cell disease
<input type="checkbox"/> Clotting disorders	<input type="checkbox"/> Immune deficiency	<input type="checkbox"/> Hard to stop bleeding
<input type="checkbox"/> Bleeding of gums	<input type="checkbox"/> Easier than usual bruising	<input type="checkbox"/> Blood transfusions
Explain:	<input type="checkbox"/> None of the above	

25) MUSCULOSKELETAL

<input type="checkbox"/> Arthritis/Gout/Rheumatism	<input type="checkbox"/> Joint swelling
<input type="checkbox"/> Back injury	<input type="checkbox"/> Knee problems
<input type="checkbox"/> Back pain	<input type="checkbox"/> Neck pain/Whiplash
<input type="checkbox"/> Back surgery	<input type="checkbox"/> Broken bones
Explain:	<input type="checkbox"/> None of the above

26) SKIN

<input type="checkbox"/> Skin cancer	<input type="checkbox"/> Skin rashes	<input type="checkbox"/> Skin discolorations
<input type="checkbox"/> Skin allergies	<input type="checkbox"/> Psoriasis/Eczema	<input type="checkbox"/> Cracking/bleeding
<input type="checkbox"/> Mole / growth on skin	<input type="checkbox"/> Itching / peeling	<input type="checkbox"/> Skin infections
Explain:	<input type="checkbox"/> None of the above	

27) ALLERGIES

<input type="checkbox"/> To foods: _____	<input type="checkbox"/> Medication(s):
<input type="checkbox"/> Other: _____	<input type="checkbox"/> No known allergies

28) TOBACCO, VAPING and ALCOHOL USE

I currently use tobacco
 I smoke ___ Cigarettes, ___ Cigars, or ___ Pipe bowls per day
 I chew tobacco _____ or use _____ Snuff per day

I currently use vaping products (check all that apply)
 Nicotine oils, Essential oils Hemp oils Other:

I am an ex-tobacco user or vaper (*Check if you have ever smoked as much as 1 cigarette a day, used 1 oz. of tobacco a day or vaped once a day for at least a year.*)

When did you quit? Month: _____ Year: _____

I have never used or only briefly tried tobacco or vaping products

29) ALCOHOL USE

	0	1	2	3	4
1. How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times a month	2-3 times a week	4 or more times a week
2. How many drinks containing alcohol do you have on a typical day when you are drinking?	1 or 2	3 or 4	5 or 6	7 to 9	10 or more
3. How often do you have six or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
4. How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
5. How often during the last year have you failed to do what was normally expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily

6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
8. How often during the last year have you been unable to remember what happened the night before because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
9. Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year
10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year

Further explanation:

Notice: You have received a conditional offer of employment. This medical history statement is required. The answers to the medical history statement and any medical examination will be kept confidential. The job offer, which you have received, is conditioned upon satisfactory completion and review of this medical history statement, any required medical examinations or follow-up and job assignment availability.

Employee Affirmation: I herewith affirm that the employer has made me an offer of employment. The purpose of this inquiry is to determine whether I currently have the physical qualifications necessary to perform the job that has been offered; to determine whether and what accommodations may be necessary; and to determine whether I can perform the job without posing a significant/direct threat to the health and safety of myself or others. This information will be kept confidential in a separate medical file, apart from my personnel file. I hereby affirm that the questions in the medical questionnaire have not been asked of me by anyone with the employer until after I have signed this statement and been offered a conditional job. I certify that the foregoing statements are true to the best of my knowledge. I understand that leaving out or misrepresenting the facts called for in this questionnaire may be the cause for refusal of employment or termination from the company. I hereby authorize the company to investigate the facts claimed by me on this questionnaire.

I hereby grant permission to the examining medical personnel and/or physician to disclose any information herein and hereinafter furnished by me, to authorized company personnel for purposes related to my employment at KBR, and Associated Companies, and to legal entities requiring such information.

I understand that, if applicable, the pre-placement physical examination is not a general physical examination of the type given by a physician to assess the state of my health and it may not be relied upon by me for that purpose.

Signature

Date



Atherosclerotic Cardiovascular Disease Risk

ALL REGIONS EXCEPT UK & EUROPE (use Page 2 for UK & EUROPE)

(to be completed by physician)

Employee/Applicant Name: _____ Date of Birth: _____

Does the person have known atherosclerotic cardiovascular disease (exertional angina, prior myocardial infarction, prior embolic stroke, history of stent placement)?

YES – STOP, do not calculate a risk score.

NO, - Enter the information below into the risk estimator at this URL and report the 10-year

ASCVD Risk Score: <http://tools.acc.org/ASCVD-Risk-Estimator-Plus/#!/calculate/estimate/>

First, select the Units of Measure at the top of the Risk Estimator (US or SI). Then enter this information:

Age _____ Sex Male Female Race White African American Other

Blood Pressure _____/_____(mm Hg)

Total Cholesterol _____(mg/dl) or _____(mmol/L)

HDL Cholesterol _____(mg/dl) or _____(mmol/L)

LDL Cholesterol _____(mg/dl) or _____(mmol/L)

Diabetes? Yes No

Smoker? Current Former Never

On Hypertension Treatment? Yes No

On a Statin? Yes No

On Aspirin Therapy? Yes No

Current 10-Year ASCVD Risk Score _____%

If the 10-year risk is 15% or higher advise the person to obtain treatment to lower the risk as much as possible.

Physician's signature _____ Date _____

UK & EUROPE: Atherosclerotic Cardiovascular Disease Risk

Employee/Applicant Name: _____ Date of Birth: _____

Does the person have known atherosclerotic cardiovascular disease (exertional angina, prior myocardial infarction, prior embolic stroke, history of stent placement)?

YES – STOP, do not calculate a risk score.

NO, - Enter the information below into the risk estimator at this URL and report the 10-year

ASCVD Risk Score UK and Europe: <https://qrisk.org/2017/>

Age _____ Sex Male Female

Ethnicity White or not stated Indian Pakistani Bangladeshi Other Asian
 Black Caribbean Black African Chinese Other Ethnic Group

UK Post Code _____ (Leave blank if unknown)

Smoking Status non-smoker ex-smoker Light smoker (less than 10)
 Moderate Smoker (20-19) Heavy Smoker (20 or over)

Diabetes Status None Type I Type II

Angina or heart attack in a 1st degree relative <60? Yes No

Chronic kidney disease (stage 4 or 5)? Yes No

Atrial Fibrillation? Yes No

On blood pressure treatment? Yes No

Rheumatoid Arthritis? Yes No

Cholesterol HDL Ratio _____

Blood Pressure _____/_____(mmHg)

Height _____ (cm)

Weight _____ (kg)

QRISK® 2-2017 risk score _____

If the 10-year risk is 15% or higher advise the person to obtain treatment to lower the risk as much as possible.

Physician's signature _____ Date _____



Blood Work for Active Employees

Complete Blood Count

- WBC (white blood cell count)
- RBC (red blood cell count)
- Hemoglobin
- Hematocrit
- Platelet count
- MCV (mean corpuscular volume)
- MCH (mean corpuscular hemoglobin)
- RDW (red cell distribution width)

Blood Chemistry

- Hemoglobin A1C
- Sodium
- Potassium
- Calcium
- Phosphorus
- Albumin
- Total Protein
- Creatinine + eGFR (estimated glomerular filtration rate)
- Bilirubin

Lipids Profile

- Triglycerides
- LDL (low density lipoprotein) cholesterol
- HDL (high density lipoprotein) cholesterol
- Total cholesterol

- Blood Type and Rh factor

Optional or if clinically indicated

- Blood Glucose (random or fasting)
- Globulin
- A/G Ratio (albumin to globulin)
- Chloride
- CO₂
- BUN/Creatinine Ratio
- Uric Acid
- CPK (creatine phosphokinase)
- AST (aspartate amino transferase, also called SGOT)
- GGT (Gamma-glutamyl transferase).
- LDH (lactate dehydrogenase)
- PSA (Prostate-specific antigen) In men > 50 years
- Interferon Gamma Release Assay (QuantiFERON-TB Gold, T-Spot or equivalent)
- ALP (alkaline phosphatase)
- ALT (alanine transaminase, also called SGPT)