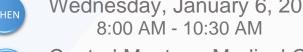
Casino Creek Concrete Lewistown. MT



Wednesday, January 6, 2021 8:00 AM - 10:30 AM







Central Montana Medical Center, Physician Clinic - Suite 5 408 Wendell Avenue

> Your photo ID and health plan card are required at check-in

Register online for your screening!

- 1. Go to www.cmmc.health, and click on the Wellness Screening box for your company
- 2. Returning users Enter username and password, then select Login First time users - Select Create My Account
- 3. Use the company code: 6841338
- 4. Follow the on-screen instructions to select a screening to attend

Registration closes at 12:00 PM the day before the screening

The cost of the health screening will be submitted to your wellness benefit Attendees must be at least 18 and not on Medicare/Medicaid.

What is included in your screening?

- Complete Blood Count (CBC) Measures white/red blood cells, platelets, blood components
- Comprehensive Metabolic Panel (CMP) Fasting glucose, liver and kidney function
- **Hemoglobin A1C** Average blood glucose over the past 2-3 months
- Lipid Panel Total Cholesterol, HDL, LDL, Triglycerides
- Prostate Specific Antigen (PSA)
 For males meeting age criteria
- Thyroid Stimulating Hormone (TSH) Screens for hyperthyroidism and hypothyroidism
- Blood Pressure & other Vital Signs
- Body Composition and Body Mass Index (BMI)
- Personal Health Report Summary report received at your screening
- Easy-to-Read Lab Report Includes explanations of results that are out of range

Prior to your screening:

- · Fast for at least 12 hours
- · Drink plenty of water
- · Take prescription medications as prescribed
- · No strenuous exercise for 10 hours
- Do not attend if you have severe cold or flu symptoms
- Wear clothes with loose fitting sleeves
- If you are diabetic, schedule an early appointment

Additional laboratory tests:

- · Tests can be added during registration or at screening check-in
- · These must be paid for at the screening
- · Cost is significantly reduced
- Your insurance company may not reimburse for additional purchased tests
- · Talk with your doctor regarding additional tests
- For complete test information, register online at my.itstartswithme.com

