

# 2020 CMMC Employee Wellness Screening



## Protect Your Health

We believe the best way to protect and maximize your health is to start with a health screening. Health screenings are important for early detection of diseases or other possible health problems and annual data can give you valuable trending information that provides a proactive approach to managing your own health. Early detection of any health issue, followed by treatment and good control of a condition, can result in better outcomes and lowers the risk of serious complications– we’ve seen that first hand! That’s why it is so important to participate in an annual screening – even if you feel perfectly fine. Because you are important to us, CMMC is pleased to bring you this valuable benefit again this year!

## Here’s How the Process Works

Central Montana Medical Center has partnered with It Starts with Me to bring you this employer–sponsored opportunity to complete a health screening, which includes a health risk assessment, lab testing and biometric measurement. The private health risk assessment is about 36 questions in length and will be completed at your convenience when you register between December 9<sup>th</sup> and January 6<sup>th</sup>, 2020. Registration opens 12/09/19 at 8:00 a.m. and can be completed on–line from any computer, any time, at [www.cmmc.health](http://www.cmmc.health)

Click on the box and link at the bottom of the page that says “**CMMC Wellness Screening** *read more*” and it will take you directly to the registration page. Registration Instructions and a FAQ sheet are provided to assist you with sign up. You will need to [use the COMPANY CODE](#) provided in the instruction sheet in order to register. Registration will close at noon the day before each screening. The biometric portion and lab draw of the health screening will be held on **January 6<sup>th</sup>, 7<sup>th</sup> and 9<sup>th</sup>** in Conference Room #1 from 6:00 a.m. – 10:00 a.m. each day. This will be a private opportunity for you to participate in some simple testing: have your blood drawn, check your blood pressure and vital signs; and complete the biometric portion, which includes height and weight. *Please wear easily removable socks and shoes.* Once completed, you’ll receive a customized report in about 2 weeks giving you important information and insights on how you can protect and maximize your personal health status.



***At Central Montana Medical Center,  
We want you to know we are committed  
to helping you protect your health...  
for a lifetime.***

- **Who can participate in this Wellness Screening?**

All employees are encouraged to participate in this wonderful benefit!

- **Can my spouse come too?**

Yes- CMMC is encouraging all spouses and dependents, 18 and older, to participate as well.

- **How can I be sure my data is held confidential?**

CMMC believes that your health information should remain just that – your personal and private information. **By law, your individual results cannot be shared with your employer.** As with any other patient, CMMC is held to strict health information confidentiality and required to maintain that confidentiality by law – HIPAA. ISWM puts the screening information into final reports for participants through data technology.

- **What lab tests are available for me to choose from?**

A Complete Blood Count (CBC), a Comprehensive Metabolic Panel (CMP), Hemoglobin A1C, Lipids and Thyroid test are included in the **Basic Panel** that all participants will have done. Men over 50 will automatically have a PSA included in their Basic Panel. These tests will be covered by your insurance. There are additional tests available for purchase: Vitamin D and Hepatitis C if you don't already know yours. Hepatitis C testing is *strongly encouraged*. Many individuals can be infected and not exhibit symptoms. Hepatitis C is treatable *only before symptoms of the disease present themselves* - that's why it's important to check beforehand.

- **How much will this cost me?** For those employees covered by the insurance, CMMC will submit those charges for you. Any additional add-on tests that you choose must be paid for at the time of screening. Cash, Check or Credit Cards are accepted. An insurance ready receipt that you can submit to FLEX for reimbursement will be provided following the screening.

- ✓ Vitamin D: **\$42.00**

- ✓ Hepatitis C: **\$30.00**

- ✓ **NEW THIS YEAR, employees wishing to payroll deduct may make that request the day of their screening. This makes the significantly discounted testing services even easier to obtain.**

- **How do I register?**

The registration link and portal is accessible on the CMMC website home page at [www.cmmc.health](http://www.cmmc.health) Click on the box that says "**Central Montana Medical Center**", at the bottom of the page. This will take you to the registration page to sign up. Registration Instructions and a FAQ sheet are provided – **use the COMPANY CODE on the registration instruction sheet when you register.** You will also need to use the User I.D. and Password that you set up for last year's Wellness Screening, or another ISWM screening in the past. If you have never participated in a Wellness Screening with ISWM, you must establish a User I.D. and Password in order to register.

- **Who can I contact if I have any problems with registration or have questions about the screening?**

**CMMC Occupational Health Services 538-4110**