

Central Montana Medical Center 2022 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 health problems and annual data can give you valuable trending information that provides an initiative-taking 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 have seen that firsthand! That is why it is so important to participate in an annual screening - even if you feel perfectly fine. Because you are important to us, the Lewistown School District is pleased to bring you this valuable benefit again this year!

Here's How the Process Works

We have 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 health risk assessment is about 36 questions in length and will be completed at your convenience when you register starting January 8, 2022. Registration will CLOSE at 1200 the day before each screening date.

Registration opens at 08:00 a.m. 1/8/22 and can be completed from any computer, any time, at www.cmmc.health Click on the *CMMC Wellness Screening* box. This next page has the **Registration Instructions and FAQ sheet**. Click on the **REGISTER HERE** button and it will take you directly to the registration home page. The Registration Instructions provide you with a **COMPANY CODE to use** when you register. The biometric portion and lab draw of the health screening will be held on February 8th, 15th and 22nd, 2022 in Suite **5 of the Physician Clinic (Occupational Health)** from 6:00 a.m. – 10:30 a.m. The screening will include the same available tests from last years' screening. We will also check your blood pressure and vital signs; and complete the biometric screening, which includes height and weight. **Please wear easily removable socks and shoes.** Once completed, you will receive a customized report in about 2 weeks giving you valuable 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?**

As an employee, anyone can participate in this wellness screening. The Wellness benefit of your insurance plan will cover the cost. Medicare will not pay for the screening, however, even with secondary coverage under CMMC's Health Insurance. Employees without insurance are still encouraged to attend but are required to pay for the services out of pocket. The price for lab testing is **significantly reduced** to encourage private pay individuals to attend who are not covered by an insurance plan.

- **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 kept confidential?**

CMMC believes that your health information should remain just that – your personal and confidential 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 and the final reports are mailed to your home directly.

- **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 as well: Vitamin D and Hepatitis C. Hepatitis C and Vitamin D testing are *strongly encouraged*. Many individuals can be infected and not exhibit symptoms. Recent studies have also shown that individuals with low Vitamin D levels are more susceptible to Covid.

- **How much will this cost me?** For those employees covered by insurance, CMMC will submit those charges for you. Any additional add-on tests will also be submitted to insurance as historically, most insurance companies have been covering the cost of those test. If they do not, you will receive a bill from CMMC for the cost of those additional tests. Payroll deduct is also an option for those without insurance – please contact Occupational Health if you would like to enroll in this benefit. An insurance ready receipt can also be provided to submit to FLEX for reimbursement if an employee is not covered under insurance.

It is highly recommended that individuals test for Hepatitis C and vitamin D level, as some individuals can have Hepatitis C and not know they have it. Studies have also recently shown those with low vitamin D levels are at higher risk for Covid.

- ✓ Vitamin D: **\$50.00**

- ✓ Hepatitis C: **\$30.00**

- **How do I register?**

The registration link and portal are accessible on the CMMC website home page at www.cmmc.health Click on the that says, "**CMMC Wellness Screening.**" This will take you to the registration home page to sign up. To begin the registration process, click on REGISTER HERE. Registration Instructions and a FAQ sheet are provided – **use the 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 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