



## Casino Creek Concrete 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, if participated in annually, the 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 it firsthand! That's why it is important to participate in an annual screening - *even if you feel perfectly fine*. It's easy to do and takes very little time out of your day. Casino Creek Concrete is pleased to bring you this valuable opportunity again this year .... just for you!

### Here's How the Process Works

We've partnered with CMMC and It Starts with Me Health to bring you this employer-sponsored event, 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 when you register between December 16<sup>th</sup> and January 5<sup>th</sup>, 2021.

**Registration opens 12/16/20 at 12:00 p.m.** and can be completed 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 "**Casino Creek Concrete Wellness Screening *read more***" and it will take you directly to the registration page with information on how to sign up. This page has the **Registration Instructions, FAQ sheet** and a **Registration link**. Click on the *Register Here* link to sign up for the screening. 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 January 6<sup>th</sup> in Suite 5 of the CMMC Physician Clinic from 8:00 a.m. – 10:30 a.m. Entrance is only through the Main Clinic entrance. You will be asked to put on a mask and may go down the hall toward Seiden Drug, to Suite 5. The screening 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 screening, 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 are committed to helping you  
protect your health.....***

***For a Lifetime.***



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

Any employee of Casino Creek Concrete, spouse or dependent 18 years or older, is welcome to participate in this health benefit.

- **How much will this cost me?**

For those individuals covered by the employer health plan, your Basic Panel screening costs will be submitted to your insurance carrier. Most insurance plans cover annual wellness health screenings as part of preventative benefits. Central Montana Medical Center will submit those charges for you, so there will not be any additional for you to do. If you have an alternative insurance, CMMC will gladly submit those charges as well. If you have questions regarding coverage, contact your insurance carrier to see if you qualify.

- **What if I don't have insurance coverage?**

If you are not covered by any insurance, the lab cost for all testing is significantly reduced to encourage private pay individuals the opportunity to participate in this benefit as well. Testing includes the Basic Panel and *optional* add-on tests. The screening must be paid for at the time of the event - Cash, Check or Credit Cards are accepted. An insurance ready receipt will be provided to submit to FLEX for reimbursement if you have that.

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

A **Basic Panel** includes a Complete Blood Count (CBC), a Comprehensive Metabolic Panel (CMP), Hemoglobin A1C, Lipids and Thyroid test – these tests cannot be separated out individually. Men over 50 will automatically have a PSA included in their Basic Panel.

*Optional* lab tests are available, but most often are not covered under preventative benefits and therefore **will not be billed through your insurance**. These optional tests have been significantly discounted for you to take advantage of them. Cash, Check or Credit Cards are accepted. An insurance ready receipt will be provided to submit to FLEX for reimbursement if that option is available to you. Optional tests available are:

- ✓ Vitamin D: **\$50.00**
- ✓ Hepatitis C: **\$30.00**

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 to see if you have it.

- **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. No one at Casino Creek Concrete will see any personal information. **By law, your individual results cannot be shared with your employer.** CMMC is held to strict health information confidentiality also and is required to maintain that confidentiality by law (HIPAA). ISWM puts the screening information into final reports for participants through data technology.

- **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 and link at the bottom of the page that says "**Casino Creek Concrete Wellness Screening *read more***". This takes you to your Registration page where you will access the registration instructions, FAQs to most common questions, and the registration link. Click on the **Register Here** link and use the User I.D. and Password that you set up for last year's Wellness Screening. If you have never participated in a Wellness Screening with CMMC or ISWM, you must establish a User I.D. and Password in order to sign up. **You MUST USE THE COMPANY CODE 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

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