

**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. 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 - Century Companies, Inc. is pleased to bring you this opportunity again this year to participate in a wellness screening just for you!

**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 health risk assessment is about 36 questions in length and will be completed at your convenience when you register during the period of March 14th through April 2nd, 2019. Registration opens 03/14/19 at 8:00 a.m. and can be completed on-line from any computer, any time, at www.cmmc.health Click on the link that says “**Century Companies, Inc. Wellness Screening**” and it will take you directly to the registration page. The biometric portion and lab draw of the health screening will be held during the Spring Meetings on April 3rd at the Yogo Inn from 6:00 a.m. – 10:30 a.m. 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 body mass index determination (BMI), 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.*

**Wellness Screening**

**Century Companies, Inc.**

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| * ***Who can participate in this Wellness Screening?***   Any employee, of Century Companies, Inc., spouse or dependent 18 and older, is encouraged to participate in this health benefit.   * ***How much will this cost me?***   For those employees covered by Century Companies, Inc. health insurance plan, your Basic Panel screening costs will be submitted to your 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 submit the screening charges to that insurance carrier as well.   * ***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 any optional add-on tests you may want. 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 Complete Blood Count (CBC), a Comprehensive Metabolic Panel (CMP), Hemoglobin A1C, Lipids and Thyroid test are included in the **Basic Panel** and cannot be separated out. Men over 50 will automatically have a PSA included in their Basic Panel. Optional tests are available but most often are not covered under preventative benefits and therefore will not be billed to insurance. These optional tests have been significantly discounted for you to take advantage of them – they must be paid for at the time of the screening. Optional tests available are: * Vitamin D:  **$42.00** * Hepatitis C: **$30.00**   Hepatitis C testing is *strongly encouraged,* especially for those in the “baby-boomer” generation. 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 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 Century Companies, Inc. will see any personal information. By law, your individual results cannot be shared with your employer. CMMC is held to strict health information confidentiality and is required to maintain that confidentiality by law (HIPAA). ISWM puts the screening information into final reports for participants through secure data technology.   * ***How do I register?***   The registration link and portal is accessible on the CMMC website home page. This can be found on the internet at [www.cmmc.health](http://www.cmmc.health) At the bottom of the page, click on the box that says “**Century Companies, Inc. Wellness Screening**”. This will access the registration portal where you will 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** |