



# Century Companies, Inc.

## 2023 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, the Century Companies, Inc. is pleased to bring you this valuable benefit *again this year!*

### Here's How the Process Works

We have partnered with CMMC and 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. **Registration OPENS 03/13/2023 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 in the box that says “Century Companies, Inc. 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 the sign up process.
- 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 from 6:00 a.m. – 10:00 a.m. on **April 4, 2023** at the Yogo Inn. 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.

### 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 screening.

### 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. We ask that the screening 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 option.

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

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

For those employees covered by a health insurance plan, the 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.

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

- A Complete Blood Count (CBC),
- Comprehensive Metabolic Panel (CMP),
- Hemoglobin A1C,
- Lipids and
- Thyroid test
- Men over 50 will automatically have a PSA included in their Basic Panel.
- Additional tests are available for purchase: Hepatitis C testing is *strongly encouraged*. Many individuals can be infected and not exhibit symptoms. Individuals living in the Northern Hemisphere are usually low in Vit. D, and recent studies indicate that low Vit. D levels may play an important role in a person's susceptibility to infections / Covid, so it's important to know your level. Symptoms of low Vit. D include fatigue, bone / back pain, hair loss, muscle pain and depression.
- Additional tests **will be submitted to insurance**. If insurance does not cover add-on tests, CMMC Occ Health will send you a bill. Again, these tests are offered at a *significant decrease* to encourage participants to have them done.
  - Vitamin D: **\$50.00**
  - Hepatitis C: **\$30.00**

## ***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.** 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.

## ***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 that says "**Century Companies, Inc. read more**". This will take you to the registration page to sign up. 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 in order to register.

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

CMMC staff can also assist you with registration if you need help any time – please feel free to call them for help M-F 8 am to 5 pm - **CMMC Occupational Health Services 538-4110**