



# Annual 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. Fergus Electric 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 January 3, 2022 and January 11<sup>th</sup>, 2022.

**Registration opens 01/03/22 at 08:00 a.m.** and can be completed from any computer, any time, at [www.cmmc.health](http://www.cmmc.health) Click on the box that says "Fergus Electric Wellness Screening" and it will take you directly to the registration home 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 12<sup>th</sup> in in the Truck garage at Fergus Electric from 8:00 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'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 Fergus Electric can participate in this wonderful benefit.

- **Can my spouse come too?**

Yes. Fergus Electric is encouraging all spouses to participate as well.

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

The cost of this screening is included in your Wellness Benefits covered by the Fergus Electric insurance plan. Any additional add-on tests that you choose are submitted to insurance as well and if not covered, Fergus Electric has generously picked up those charges as an employee benefit!

- **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 Fergus Electric 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. If you'd like your Primary Care Provider to see your testing results, you will need to authorize that information be sent to them, or bring them with you to your next appointment. We do not automatically send your results to your Provider.

- **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: Vitamin D, Hepatitis C and PSA for men under 50. 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. Recent studies have shown that individuals with low vitamin D levels are at higher risk for Covid, so it's important to know what your level is.

- **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 on the page that says "**Fergus Electric Wellness Screening**". This will take you to the registration home 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

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