

# Lewistown School District Wellness Screening 2023



## 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 Lewistown School District 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 between December 30<sup>th</sup> and January 31<sup>st</sup>, 2023.

**Registration opens 12/30/22 at 8:00 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 "Lewistown School District Wellness Screening" and it will take you directly to the page that includes the **Registration Instructions, FAQ sheet** and a **Registration link**. Click on the **REGISTER HERE** button 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 February 1<sup>st</sup> and 2<sup>nd</sup> in the **FHS Performing Arts** 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'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 want you to know we are committed  
to helping you protect your health...  
for a lifetime.***

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

Because you are an employee of the Lewistown School District, you can participate in this wellness screening. Most insurances will cover the screening under their Wellness Benefit. Medicare will not pay for the screening, however, even with secondary coverage under the Lewistown School District Health Insurance. Retirees on Medicare, or those not covered by insurance, are still encouraged to attend but will be required to pay for the services out of pocket. The lab cost for testing is **significantly reduced** to encourage private pay individuals to attend.

- **Can my spouse or family come too?**

Yes. Lewistown School District is encouraging all spouses and dependents, 18 and older, to participate as well.

- **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 the Lewistown School District 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.

- **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. Additional recommended tests are available as well: Vitamin D and Hepatitis C. Both Vitamin D and Hepatitis C testing is *strongly encouraged*. Many individuals can be infected with Hepatitis C and not exhibit symptoms. Recent studies have shown that those individuals who have Vitamin D deficiency are at higher risk for Covid.

- **How much will this cost me?** For those employees covered by the insurance, CMMC will submit the basic panel and any additional tests for you. Most insurances have been covering the add-on tests, so no payment will be required at the time of the screening. If insurance does not pay, you will receive an invoice from CMMC. For those wishing to submit to FLEX for reimbursement, an insurance ready receipt will be provided following the screening.

- **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 that says “**Lewistown School District Wellness Screening**”. This will take you to the page to sign up. Registration Instructions and a FAQ sheet are provided – use the **CODE on the registration instruction sheet when you register**. To register: Click on the Lewistown School District box. 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 406-538-4110

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