

# EMPLOYEE WellCheck

**DATE:** October 31<sup>st</sup> & November 1<sup>st</sup>, 2017

**TIME:** 6:30 am – 10:30 am

**LOCATION:** FVCC Arts & Technology – Room 139 (745 Grandview)

**Registration is now open!**

Registration closes at 3 pm the day before the screening

## Register online for your screening!

Step 1: Go to: [www.ItStartsWithMe.com](http://www.ItStartsWithMe.com)

Step 2: **Returning users** • Select **Login** and enter username and password  
**First time users** • Select **Create an Account**

- create a unique username and password and enter your email address
- If you are registering yourself and a spouse, a separate account must be created for each of you. Simply start at **Create an Account** again when registering your spouse. The same email may not be used for both accounts.

Step 3: Use the company code: **MUS2017**

Step 4: Follow the on-screen instructions to select a screening to attend

Flu shots will be available during the WellCheck! There is no need to pre-register if you are attending for a flu shot only.

You must bring an insurance card and photo ID!

## • What is included in my screening?

THIS HEALTH SCREENING IS FOR MUS HEALTH PLAN PARTICIPANTS, INCLUDING EMPLOYEES, SPOUSES, RETIREES, AND DEPENDENTS (18 YRS AND OLDER).

The Health Screening includes:

- > **COMPREHENSIVE METABOLIC PANEL** • 14 tests; includes Liver/Kidney function & Glucose
- > **LIPID PANEL** • Includes HDL, LDL, Triglycerides & Total Cholesterol
- > **COMPLETE BLOOD COUNT** • 20 tests that measure various blood components
- > **TSH (THYROID STIMULATING HORMONE)** • Screens for hyperthyroidism & hypothyroidism
- > **IRON** • Screening to measure how much iron is in your blood
- > **PSA (MALES ONLY, 50+ YRS OLD)** • Prostate Specific Antigen
- > **BLOOD PRESSURE & OTHER VITAL SIGNS**
- > **BODY COMPOSITION AND BODY MASS INDEX (BMI)**
- > **PERSONAL HEALTH REPORT** • Received the day of your screening
- > **EASY-TO-READ LAB REPORT** • Explanations of any results that are out of range

## • What do I need to do before my screening?

- > Fast for at least 10 hours prior to your screening
- > Drink plenty of water 24 hours prior to your screening
- > Take prescription medications as prescribed
- > No strenuous exercise 10 hours prior to your screening
- > Do not attend if you have severe cold or flu symptoms
- > If possible, wear clothes with loose fitting sleeves
- > If you are diabetic, schedule an early appointment

## • What additional laboratory tests are available?

It Starts With Me offers many tests that may be purchased at your health screening. The cost for additional lab work is significantly reduced when compared to a traditional medical setting. *It Starts With Me* cannot guarantee reimbursement from your insurance company for any extra purchased tests. *It Starts With Me* suggests you talk with your doctor about extra tests. Tests can be added during online registration or during check-in at your screening. For complete test information, register online at [www.itstartswithme.com](http://www.itstartswithme.com).

Please bring your photo ID and insurance card with you to your screening...

Need assistance? No Computer Access?

Call us (toll free) at 1-866-932-6467 between 8 am - 5 pm MST • [WWW.ITSTARTSWITHME.COM](http://WWW.ITSTARTSWITHME.COM)



**It Starts With Me**  
HEALTH