



May 1-2, 2018
6:30 AM - 10:30 AM



FVCC Arts & Technology Building - Room 139
777 Grandview Drive

Your photo ID and health
plan card are required at
check-in

Register online for your screening!

1. Go to: my.itstartswithme.com
2. **Returning users** - Enter username and password, then select **Login**
First time users - Select **Create My Account**
3. Use the company code: **MUS2018**
4. Follow the on-screen instructions to select a screening to attend

Registration closes at 3:00 PM the day before the screening

This health screening is for employees, spouses, retirees, and dependents (18 years and older) participating in the MUS Health Plan.

What is included in your screening?

- **Complete Blood Count (CBC)** • Measures white/red blood cells, platelets, blood components
- **Comprehensive Metabolic Panel (CMP)** • Measures glucose, electrolytes, kidney/liver function, etc.
- **Iron** • Evaluates the level of iron in the blood
- **Lipid Panel** • Total Cholesterol, HDL, LDL, Triglycerides
- **Prostate Specific Antigen (PSA)** • For males only
- **Thyroid Stimulating Hormone (TSH)** • Screens for hyperthyroidism and hypothyroidism
- **Blood Pressure & other Vital Signs**
- **Body Composition and Body Mass Index (BMI)**
- **Personal Health Report** • Summary report received at your screening
- **Easy-to-Read Lab Report** • Includes explanations of results that are out of range

Prior to your screening:

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

Additional laboratory tests:

- Tests can be added during registration or at screening check-in
- The cost is significantly reduced and therefore cannot be submitted to your medical insurance plan claims administrator
- The cost can be paid for using a flexible spending account
- Talk with your doctor regarding additional tests
- For complete test information, register online at my.itstartswithme.com