

# Montana University System

Annual Health Screenings

*Kalispell, MT*

**September 27-28, 2022**

6:30 AM - 10:30 AM

FVCC Arts & Technology Building - Room 139  
777 Grandview Drive

*Flu shots will be available during the Wellcheck!*

## Register online today!

*Registration is required unless you are attending for a flu shot only. Please be prepared to follow the masking requirements of the location where you attend.*

1. Go to [my.itstartswithme.com](https://my.itstartswithme.com)
2. Login to your account or Create an Account (new users)
3. Use the company code: **MUS2022**



# Who is eligible to participate?

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

*Attendees must be at least 18 and not on Medicare/Medicaid.*

# What is included in the screening?

- **Complete Blood Count (CBC)** • Measures white/red blood cells, platelets, blood components
- **Comprehensive Metabolic Panel (CMP)** • Measures glucose, electrolytes, kidney/liver function, etc.
- **COVID-19 Ab** •
- **Iron** • Evaluates the level of iron in the blood
- **Lipid Panel** • Total Cholesterol, HDL, LDL, Triglycerides
- **Prostate Specific Antigen (PSA)** • For males meeting age criteria
- **Thyroid Stimulating Hormone (TSH)** • Screens for hyperthyroidism and hypothyroidism
- **Vitamin D** • measures Vitamin D level in blood
- **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

**MUS is offering the following optional tests at no cost.**

*Tests must be added during registration; they are not automatically included*

**COVID-19 Antibody** • Qualitative detection of IgG antibody to COVID-19

**Vitamin D** • Evaluates if you have Vitamin D deficiency

# Remember, prior to your screening

- Fast for **at least 12 hours**
- **Drink plenty of water**
- Take prescription medications as prescribed
- Do not attend if you have severe cold or flu symptoms
- Reach out to your health care provider to see if additional laboratory tests are needed.  
The costs at our screening are often reduced.
- Extra tests can be added during check-in



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

Need assistance? No Computer Access?

Call us (toll free) at 866-932-6467, Monday - Friday between 9 am - 4 pm MST

[my.itstartswithme.com](http://my.itstartswithme.com)