



September 15-16, 2020  
6:30 AM - 10:30 AM



Billings Hotel & Conv. Center - Stillwater/Boulder  
1223 Mallowney Lane

## Register online for your screening!

- 1: Go to: [my.itstartswithme.com](http://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: **8684922**  
Registration closes at 4:00 PM the day before the screening

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

For the health and safety of all participants and staff,  
**face coverings and registration are required.**  
Walk-ins will not be allowed.

The health screening is covered for employees, spouses and retired employees on the health plan. The screening is also covered for employees not on the plan. Others are welcome to attend and purchase the screening. *Attendees must be at least 18 and not on Medicare/Medicaid.*

## 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.
- **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
- **Blood Pressure & other Vital Signs**
- **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 12 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
- Cost is significantly reduced
- Your insurance company may not reimburse for additional purchased tests
- Talk with your doctor regarding additional tests
- For complete test information, register online at [my.itstartswithme.com](http://my.itstartswithme.com)