

# Annual Health Screenings Sibanye-Stillwater



## Billings

April 25, 6:30am – 10:30am  
Hampton Inn & Suites Billings West (3550 Ember Lane)

## Stillwater Mine

May 12-13 and May 21-22, 6:30am – 8:00am  
SWM Admin Building – Operations Room

## Columbus

May 14-15 and May 27, 6:30am – 10:30am  
Columbus Warehouse – Conference Room (242 S Diamond St)

## Big Timber

May 16, 6:30am – 10:30am  
Palladium Lodge (517 West 1<sup>st</sup> Ave)

## East Boulder Mine

May 19-20 and May 28-29, 6:30am – 8:00am  
Main Dry Building – Line Out Room

## Livingston

May 30, 6:30am – 10:30am  
Livingston Civic Center (229 River Dr)

## Register online today!



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: **5777916**

# Who is eligible to participate?

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 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.
- **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

# 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 a fever, cough, or are feeling unwell.
- 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**