

# 2021 Biometric Screenings at No Cost!

## HSBT Medical Plan Member Employees and Spouses are eligible

### Where and when will Biometric Screenings be available?

Health Coaches will be providing Biometric Screenings at the **HSBT Health & Wellness Center locations**. Screening appointments will be available on various days and times during clinic hours. Screenings will not be offered at any of the school district locations. Screening appointments will be offered by district during the below months listed.

School District	Biometric Screening Availability
Beech Grove	March
CIESC	March
RISE	March
Decatur	April
Lebanon	May & June
Franklin	July & August
Perry	September, October, and November

### What will be included in my Biometric Screening?

Your Health Coach will provide you with immediate, confidential biometric screening results for the following: blood pressure; body mass index; body fat; waist circumference; blood glucose, cholesterol (HDL, LDL, and triglycerides).

### Will I earn MyWellness points for my Biometric Screening results?

HSBT is offering MyWellness points for Biometric Screening results that fall within range. Details included on your MyWellness portal.

### How can I schedule my Biometric Screening?

Scheduling will be available through your MyWellness portal. You will receive detailed information on how to schedule your Biometric Screening when the appointment schedule is available for your district on the MyWellness portal.

### Questions?

If you have questions, contact Jody Allen, HSBT Wellness Coordinator, [JAllen@eCommunity.com](mailto:JAllen@eCommunity.com).  
Access your MyWellness portal: [mywellness.ecommunity.com](http://mywellness.ecommunity.com)