



Health Screenings: Franklin Township Current Employees

Community Health Network and HSBT invite **all medical plan covered employees** to participate in a Wellness Assessment and Biometric Health Screening. HSBT cares about your health and is offering this screening as a benefit FREE of charge!

Wellness Incentives

HSBT is offering Wellness Incentives for completing your Personal Health Assessment and Biometric Screening Results within range. Log in to your MyWellness portal at mywellness.ecommunity.com to view the details.

About Your Health Screening

You will receive immediate, confidential test results at the health screening. The health screening will measure your: blood pressure; body mass index; body fat; waist circumference; blood glucose, cholesterol (HDL, LDL, triglycerides).

| Location Name | School Corporation | Screening Date | Start Time | End Time |
|--|--------------------|----------------|------------|----------|
| Franklin Township Maintenance & Transportation | Franklin | March 9, 2020 | 9:00AM | 12:00PM |
| Franklin Township Middle School West | Franklin | March 12, 2020 | 6:30AM | 10:00AM |
| South Creek Elementary School | Franklin | April 13, 2020 | 7:30AM | 11:00AM |
| Acton Elementary School | Franklin | April 13, 2020 | 7:30AM | 10:30AM |
| Franklin Township Middle School East | Franklin | April 15, 2020 | 6:30AM | 10:00AM |
| Franklin Central High School (1 of 2 dates) | Franklin | April 16, 2020 | 7:00AM | 12:00PM |
| Franklin Central High School (2 of 2 dates) | Franklin | April 17, 2020 | 7:00AM | 11:00AM |
| Arlington Elementary School | Franklin | April 20, 2020 | 7:30AM | 10:30AM |
| Franklin Township Administration-CTEC | Franklin | April 21, 2020 | 7:30AM | 11:00AM |
| Mary Adams Elementary School | Franklin | April 21, 2020 | 7:30AM | 10:30AM |
| Thompson Crossing Elementary School | Franklin | April 23, 2020 | 7:30AM | 11:30AM |
| Kitley Elementary School | Franklin | April 23, 2020 | 7:30AM | 11:30AM |
| Bunker Hill Elementary School | Franklin | April 24, 2020 | 8:00AM | 11:30AM |

For the most accurate results, it is recommended that you fast for a minimum of 8 hours prior to the screening (water and medications are allowed). If you cannot fast for 8 hours, it is best to avoid caffeine, sugar, and high fat foods for at least 3 hours.

To Schedule your Wellness Screening

1. Log in to your MyWellness portal at mywellness.ecommunity.com
 - No account? Select **Click Here to Sign Up** under *First Time User* to create your profile using your legal name as it appears on your insurance card. **Spouses should register for their own account!**
2. Click **Upcoming Events** in the top bar which will take you to the Event Registration page
3. Select the location, date, or appointment time of your choice and click **Register**
4. **Set an alert.** *If you miss your appointment, you may not be able to reschedule as spots fill up*

Note: If you are unable to find a date/time that works for you, please check back to MyWellness periodically in the event someone may cancel their appointment and one would open up.

Please give 48 hours notice of cancelation by unregistering your previous appointment time.

You may only schedule one screening appointment at a time. If you need to change your appointment after you have registered, you must first go to your initial appointment and click the red **Unregister** button before following steps 2-4 to schedule your new appointment.

Personal Health Assessment

The Personal Health Assessment will help you determine your areas of risk and what you can do to improve your health. Please set aside 15-20 minutes to take the PHA and review your results.

To take your Personal Health Assessment

1. On your MyWellness portal, click **Health Education** in the top menu bar
2. Click **PHA (optional)** in the drop-down menu
3. Review the *Terms of Use* and select **I agree**, then click **Continue**

Questions? Please call 317.621.9646