



## Health Screenings: Franklin Township Spouses/Retirees

Community Health Network and HSBT invite **all medical plan covered employees, spouses and retirees** 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](http://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 |
|--|---------------------------|----------------|------------|----------|
| HSBT Health & Wellness Center East<br>Washington | Franklin Spouses/Retirees | May 11, 2020   | 7:00AM     | 11:00AM  |
| HSBT Health & Wellness Center<br>Harding Street  | Franklin Spouses/Retirees | May 11, 2020   | 1:30PM     | 5:30PM   |
| HSBT Health & Wellness Center<br>Harding Street  | Franklin Spouses/Retirees | May 12, 2020   | 8:30AM     | 10:30AM  |
| HSBT Health & Wellness Center<br>Harding Street  | Franklin Spouses/Retirees | May 13, 2020   | 8:30AM     | 10:30AM  |
| HSBT Health & Wellness Center East<br>Washington | Franklin Spouses/Retirees | May 13, 2020   | 2:30PM     | 6:30PM   |
| HSBT Health & Wellness Center<br>Harding Street  | Franklin Spouses/Retirees | May 15, 2020   | 7:00AM     | 11:30AM  |
| HSBT Health & Wellness Center<br>Harding Street  | Franklin Spouses/Retirees | May 15, 2020   | 1:30PM     | 3:00PM   |
| HSBT Health & Wellness Center<br>Harding Street  | Franklin Spouses/Retirees | May 18, 2020   | 9:30AM     | 12:00PM  |
| HSBT Health & Wellness Center<br>Harding Street  | Franklin Spouses/Retirees | May 19, 2020   | 1:00PM     | 4:00PM   |
| HSBT Health & Wellness Center East<br>Washington | Franklin Spouses/Retirees | May 20, 2020   | 2:30PM     | 6:30PM   |

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](http://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