

2021 Biometric Screenings at NO COST!

HSBT Medical Plan Member Employees & Spouses are eligible

Now through November 30, 2021

Health Coaches will be providing Biometric Screenings at the **HSBT Health & Wellness Centers**.

Screening appointments will be available on various days and times during clinic hours.

Wellness Incentives

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

About Your 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).

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 Biometric Screening

1. Log into **mywellness.ecommunity.com**
2. Select **Upcoming Events** in the top menu bar
3. From the **Geographic Location** drop-down menu, select your preferred location
4. Select the **Date** of your choice
5. Select **Register** for the time of your choice
6. **Provide your phone number** and select **Register for this slot**
7. Select the **green arrow** beside your appointment to download to your calendar

If you are unable to find a date that works for you, please check back as appointments may become available.

To Cancel your Biometric Screening

1. Log into **mywellness.ecommunity.com** (*please provide 48 hours' notice*)
2. Select your Scheduled Appointment (*Registered date will be highlighted in Green*)
3. Select **Unregister**, confirm **Unregister**

Questions? Please call 317.621.9646