



Thank you for choosing Parkview Workplace Wellness. We are excited to be partnered with your employer to provide biometrics & lab testing for your wellness program this year!

Your screening is scheduled for **Wednesday, February 10, 2015**

For those of you who have not participated in the past, here's what you should expect, and what we need you to do now to get started!

- **Follow the instructions below to schedule your screening appointment time TODAY!**
- Attend your screening appointment:
 - First, one of our certified Wellness Coaches will take your biometrics (measure your height, weight, waist circumference and blood pressure)
 - Next, a phlebotomist from the Parkview Lab will draw your blood. You will be receiving the Chem 30 Preventative Health Screening Panel (see description below), with options for additional testing.
- Complete your Health Risk Assessment online (user name and password will be sent to you with your lab results within 2 weeks after the screening).

The instructions (1-6) below will guide you through scheduling your appointment time:

1. After choosing the appropriate link below click "Create an Account"
2. Enter in the required information on the next page and click "Create Account"
3. Select the service (your company name) from the dropdown box.

Next, you will have the option to choose the services you wish to be taken at the event. Please choose the appropriate option. The choices are:

Package A - Chem 30 Preventive Health Screening Panel (free)

- Lipid Profile (Total Cholesterol, HDL, LDL, Triglycerides, Cholesterol/HDL Ratio)
- Glucose (Blood Sugar)
- Blood Chemistry Profile (Sodium, Potassium, Creatinine, Iron, Uric Acid, Calcium, Magnesium, Albumin, Bilirubin, Alkaline Phosphatase, AST enzymes, Chloride, Blood Urea Nitrogen (BUN), Protein, Globulin and several more

Package C - Total Wellness Package - (employee pays \$26)

- Chem 30 Preventive Health Screening Panel (see description above)
- Complete Blood Count (CBC) – includes White Blood Cells, Red Blood Cells, Hemoglobin, Hematocrit, Platelets
- A1C Glycohemoglobin – used to diagnose Diabetes
- TSH 3rd Generation Thyroid Stimulating Hormone – used to diagnose Hyperthyroidism or Hypothyroidism.
- PSA - For males over 40, or with a family history of prostate disease and/or cancer

Add on tests:

Blood Typing – (employee pays \$16)

4. Click on your screening date on the calendar to the left. (It will be white)
5. Pick the appointment time that works best for you and click the “BOOK IT!” button.
6. If you’d like you may then include your mobile number and/or email to receive an appointment text or email reminder before the event!
7. Click “FINALIZE APPOINTMENT” and you are finished!

Note: Spouses of employees must enter a different email and phone number. If you are signing up for a spouse, you must close out and log back in to sign up a spouse.

Let's get signed up!! Hold the “Ctrl” button and click on your testing location below. The link will take you to the scheduling website and allow you to sign up for an available timeslot.

****Be sure to sign up by Feb 2nd****

LOCATION

[City of Columbia City Scheduling Link](#)

DATE

Tuesday, February 10

TIME

7-9 AM

If you have any questions, or scheduling issues, please contact Janelle North. (260)266-8047 or Janelle.North@parkview.com

