



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, January 17, 2018**

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 Comprehensive Metabolic Panel (see description below), with options for additional testing.
- Complete your Health Risk Assessment online (user name and password will be emailed to you within 2 weeks after the screening).
- Your bloodwork results will be viewable on MyChart 24hrs after your screening.

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

- 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 – Comprehensive Metabolic Panel (FREE)

- Comprehensive Metabolic Screening Panel (CMP) includes: Lipid Profile (Total Cholesterol, HDL, LDL, Triglycerides, Glucose, Sodium, Potassium, Creatinine, Calcium, Liver Enzymes, & Electrolytes.

Package B – Comprehensive Metabolic Panel + CBC (\$10)

- Includes everything in package A PLUS:
 - Complete Blood Count (CBC), includes: White Blood Cells, Red Blood Cells, Hemoglobin, Hematocrit, Platelets.

Package C - Total Wellness Package - (Employee pays \$25)

- Includes everything in package B PLUS:
 - A1C Glycohemoglobin – used to diagnose Diabetes
 - TSH 3rd Generation Thyroid Stimulating Hormone – used to diagnose Hyperthyroidism or Hypothyroidism.
 - PSA - For males over 50, or with a family history of prostate disease and/or cancer
 - If you are under 50 and need a PSA test due to family history, please notify us at registration the day of your screening. We will add the test on at that time.

Add on tests:

- **Vitamin D – (Employee Pays \$26)**
- **Iron – (Employee Pays \$16)**
- **CRP – (Employee Pays \$16)**

- Click on your screening date on the calendar to the left. (It will be white)
- Pick the appointment time that works best for you and click the “BOOK IT!” button.
- Select the “New User” option and enter your LEGAL name along with the remaining personal information.
- 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!
- 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 them up.

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 January 3rd****

LOCATION

[City of Columbia City Signup Link](#)

DATE

Wednesday, January 17th

TIME

6:30AM-9:00 AM

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

