

## 2023 City of Columbia City Wellness Screening



### What to Expect:

- First, you will stop at the registration table to check in and review/sign any necessary documents.
- Next, one of our Wellness Screeners will take you through your biometric measurements (height, weight, waist circumference, and blood pressure) and complete your blood draw.

### Your company has selected the following location & date for your wellness screening:

Date	Time	Screening Location
Thursday, January 26 <sup>th</sup> , 2023	6:00am – 9:00am	Marshall Community Center 107 N Walnut St.

Signups will close at noon January 16<sup>th</sup>, 2023

Please follow the Returning Member or First Time Member instructions and links below to gain access to your portal account.

**Returning Portal Member:** If you are a returning user to the portal, log in using your username and password created in previous years. If you're unsure of what these are, click 'Forgot Username' or 'Forgot Password' at the bottom. If you do not receive an email with temporary access, please reach out to [Teffinie.Suggs@parkview.com](mailto:Teffinie.Suggs@parkview.com) with the info you are entering.

### Returning Member Portal Link



### First, complete the online Health Risk Assessment

1. On the Home page, locate the "Complete HRA" widget.
2. Scroll down to click on "Take Survey"
3. Accept the terms
4. Fill in the necessary boxes and answer the questions truthfully.

### Next, schedule your Wellness Screening

1. On the Home page, locate the "Register for Health Screening" widget.
2. Scroll down and click "Registration".
3. Next, select the screening date and choose your appointment time.
4. Click "Register for This Time".
5. Select your preferred lab package. Lab package descriptions found on page 2 of this document.
6. Click "Register" and you are finished!

### Finally, schedule your Post Screening Consultation

1. On the Home page, locate the "Register for Post Screening Consultation" widget.
2. Scroll down and click "Registration"
3. Next, select your preferred consultation date from the options and choose your appointment time.
4. Click "Register for This Time"
5. Click "Register" and you are finished!

**First Time Portal Member/New Employee:** The following link will ask for your demographics, followed by a questionnaire. Once this is completed, you will be prompted to create a username and password, then follow the instructions below to signup for your screening and consultation appointments.



## **First Time Member Portal Link**

### **First, schedule your Wellness Screening**

1. On the Home page, locate the "Register for Health Screening" widget.
2. Scroll down and click "Registration".
3. Next, select the screening date and choose your appointment time.
4. Click "Register for This Time".
5. Select your preferred lab package. Lab package descriptions found below.
6. Click "Register" and you are finished!

### **Finally, schedule your Post Screening Consultation**

1. On the Home page, locate the "Register for Post Screening Consultation" widget.
2. Scroll down and click "Registration"
3. Next, select your preferred consultation date from the options and choose your appointment time.
4. Click "Register for This Time"
5. Click "Register" and you are finished!

## **Lab Testing Package Options**

Please review the below testing packages offered to City of Columbia City health plan employees and spouses.

### **Parkview Green Package** (Free)

- Lipid Profile (Total Cholesterol, HDL, LDL, Triglycerides, Cholesterol/HDL Ratio)
- A1C Glycohemoglobin-used to diagnose Diabetes
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### **Parkview Diamond Package** (\$25)

- All tests included in Green Package (Lipid Profile + A1C)
- Complete Metabolic Screening Panel: Glucose (Blood Sugar), Sodium, Creatinine, Calcium, Albumin, Bilirubin, Alkaline Phosphatase, AST, ALT, Chloride, Blood Urea Nitrogen (BUN), Protein and Globulin
- Complete Blood Count (CBC), includes:
  - White Blood Cells, Red Blood Cells, Hematocrit, Platelets, Hemoglobin
- TSH 3<sup>rd</sup> Generation Thyroid Stimulating Hormone-used to diagnose Hyperthyroidism or Hypothyroidism
- PSA-For males over 55, or with a family history of prostate disease and/or cancer

### **Additional tests available as add-on to one of the packages above:**

- Vitamin D - \$12
- Iron - \$12
- C-Reactive Protein (a protein that measures inflammation levels in the body) - \$12
- B-12 - \$12
- Folate - \$12

*Parkview only accepts card payments for lab testing upgrades. No Amex, cash, or checks.*