



Your connection to better health

powered by: Interactive Health



## Register for Your Health Evaluation Today!

Monroe Community College has partnered with Excellus BlueCross BlueShield and Interactive Health to deliver an enhanced wellness program available to insured employees and insured spouses/domestic partners that makes healthy living fun and flexible!

### Sign-Up

Register for your free, onsite preventive health evaluation, which includes a health assessment, blood pressure screening and a comprehensive blood test (fingerstick, non-fasting) that evaluates your risk for:

- cardiovascular disease
- diabetes
- ...and much more – all in less than 20 minutes!
- dyslipidemia
- hypertension
- osteoarthritis

**There is no cost for the health evaluation** if you are currently enrolled in MCC's health plan.

Insurance card required for registration. This screening does not count against your annual wellness exam.

### HEALTH EVALUATION LOCATION

**June 7, 2017**

**11:30AM – 2:30PM MCC**

**Brighton Campus, Forum, Rm 3-130**

**Parking available in Lot N**

Health evaluations are by appointment, please schedule by

**June 5, 2017**

***Scheduling an onsite health evaluation appointment is easy: turn over for details!***



## How to Schedule Your Onsite Health Evaluation Appointment

1. Register online at [www.excellusbcbs.com/blue4u](http://www.excellusbcbs.com/blue4u). Click the blue “Click Here to Begin” icon located in the center below the text. If a first time website user, you can register using sponsor code [LSUVG](#).
2. Click the “Schedule Your Health Evaluation” box at the top of the page.
3. Confirm your personal information to proceed to the schedule.
4. Select your appointment location, date and time. [Please have your insurance card ready](#).
5. Continue until you are prompted to [confirm your appointment](#).
6. Save time at your appointment by [completing the Health Assessment online](#).

You may also schedule your appointment by calling Interactive Health at (866) 270-5441, Monday – Friday between 8 a.m. – 7 p.m. Eastern Time.

***Participation is voluntary, your results are 100% confidential and will not be shared with your employer.***

### Unable to attend onsite? Participate at a nearby lab!

You may select a lab location when you register online. Or call Interactive Health at (866) 270-5441 and ask to Test at a Lab. Interactive Health will send a packet to your home address containing instructions, important paperwork and a list of labs closest to your home. You will need your blood pressure values to complete your Health Assessment. *Please do not go to the lab until you receive this packet.* If you use this option, please go online or call by 6/7/2017 and complete the testing no later than 6/23/2017.

### You will need to **Fast** before your LabCorp appointment\*

Please fast for 12 hours before your test. Drink plenty of plain water – no food or other beverages. If you are diabetic, pregnant, on medication, or have a medical condition that will prevent you from fasting 12 hours, please follow your doctor’s instructions regarding fasting.

*\*Fasting not required for onsite Health Evaluation.*