

## How to schedule and complete a Wellness Screening at an OhioHealth onsite event

Wellness Screenings are being held for associates and spouses at various OhioHealth locations from July 1 through September 30, 2021.

**IMPORTANT:** There will be a limited number of locations and available appointments this year. It's recommended that you complete a Wellness Screening with a primary care provider (PCP). If you screen at an onsite event, be sure to schedule early when the events begin. Appointments fill up fast and you may not find availability if you wait until August or September to schedule. Associates and spouses with appointments are screened first. If you are walk-in without an appointment, you are likely to experience long wait times and there's a chance you will not be able to be screened.

### How to schedule your onsite Wellness Screening appointment

Click [here](#) to schedule an appointment. (You can search available appointments by OhioHealth location.) See bottom of this document for detailed registration instructions.

### What to expect at an onsite Wellness Screening

- 1) You do not need to fast before your appointment.
- 2) A clinician will take your weight and height to measure your body mass index (BMI).
- 3) A clinician will measure your blood pressure by placing a stethoscope on your artery and pumping up a cuff placed around your arm.
- 4) The screening process will take approximately 15 minutes.
- 5) There is no charge for the screening if completed at any of the OhioHealth wellness screening event locations or through a preventive exam with a PCP.

### Why know your BMI and blood pressure numbers?

It's important to know if your BMI and blood pressure numbers fall within healthy ranges.

- **BMI.** In general, the higher your BMI, the higher the risk of developing a range of conditions linked with excess weight, including diabetes, arthritis and others. You can calculate BMI by dividing weight in pounds (lbs) by height in inches (in) squared and multiplying by a conversion factor of 703.
  - + Example: Weight = 150 lbs, Height = 5'5" (65")
  - + Calculation:  $[150 \div (65)^2] \times 703 = 24.96$

**BMI Healthy Target Range:** Between 18.5 and 25

- **Blood Pressure.** High blood pressure, if left untreated, can lead to serious health conditions without symptoms, including stroke and premature death. The healthy target range for the Wellness Screening is less than 140/90.

## NEXT STEPS AND RESULTS

Clinical staff will give you immediate results, help you interpret them and offer personalized support.

If your screening identifies an issue or risk factor, you should follow-up with your PCP to confirm and discuss your results. Your PCP can help you manage your overall health. You're encouraged to learn about and take advantage of the OhioHealth well-being programs and resources that can support you as you partner with your PCP in maintaining and improving your best health.

### Your privacy is important.

OhioHealth and its providers protect all screening data through secure processes and protocols to guarantee confidentiality and to assure compliance with Health Insurance Portability and Accountability Act (HIPAA). To honor your confidentiality, OhioHealth has engaged OhioHealth's Employer Services and other third-party vendors to perform screening services and administer healthy incentive programs on behalf of OhioHealth. Your results may be disclosed by Employer Services to OhioHealth and its third-party vendors designated by OhioHealth including treating providers in the context of specific medical incentive programs and resources available to associates. These parties report participation results to verify eligibility for specific medical incentive programs and resources available to associates. Aggregate results (without names) may be used for benefit plan administration and to design future wellness initiatives. **Individual health status results are never disclosed to OhioHealth.**

If you have questions, call the HR Resource Center at (614) 533.8888 or email [HRRC@ohiohealth.com](mailto:HRRC@ohiohealth.com).

## How to use the scheduling tool to make an appointment for your onsite Wellness Screening.

Click [here](#) to schedule an appointment. (You can search available appointments by OhioHealth location.)

### To create a new account

- From the main screen, click "**Create Account**" in the top right of the screen.
- Under "**Create Account(s)**", fill in requested information to set up your account. You must have a verified email.

- Bottom of form-- Make sure you check which contact preference box you would like to receive updates from - email/text (or both).
- Show that you're not a robot, and then click **"Next"** at the bottom of the page.
- You should receive a message upon completing this portion either by text or email.
- This only registers you in the system – go to next Step to schedule and confirm appointment.

#### **If you need to create another account for a family member**

- When logged into your primary account then simply select **"Sign up another participant"**
- Fill out the other participant information to create their account. **Note. You must use a unique email address for each participant. You can't use the same email for multiple users.**

#### **Create an Appointment**

- Once you have located the Event that you want to attend, then select the signup button.
- A calendar and available time slots will appear. You can choose a date on the calendar to see if there are appointments available on the day you prefer. ***Please note some events may only be on a single date.***
- Simply select the location of your preference from the dropdown and the scheduling calendar will update to only show available times for that location.
- Choose a time slot that you would like to attend and click **"Next"**. Your name, date, appointment time and location of the appointment will appear.

#### **If you need to schedule for another user that you've already created an account for**

- Select the next name from the "select date and time of appointment for" dropdown box.
- Select the desired time slot for that person and you will now see 2 held appointments. One for you and one for your family member.
- Click **"Next"**
- Click **"Complete Registration"**
- You will see a summary confirmation page

#### **Cancel an Appointment**

- You would need to log in to your account and click **"My Events"**.
- Click on **"Details"** and scroll to the bottom of the page.
- Click on **"Cancel Appointment"**
- You will be directed to a pop up that states **"Are you sure you want to cancel this appointment?"**
- Click **"Yes"**
- Your appointment will now be canceled

#### **Forgot your Password?**

- Just select Forgot Password on any sign in screen