

Pipe Trades Trust of the Northern Rockies

Annual Health Screenings

Register online today!

Registration is required. Walk-ins will not be allowed.

1. Go to my.itstartswithme.com
2. Login to your account or Create an Account (new users)
3. Use the company code: **4588783**



Who is eligible to participate?

The health screening is covered for employees, spouses, retired employees and dependents on the health plan. Others are welcome to attend and purchase the screening for \$165.00. *Attendees must be at least 18 and not on Medicare/Medicaid.*

What is included in the screening?

- **Complete Blood Count (CBC)** • Measures white/red blood cells, platelets, blood components
- **Comprehensive Metabolic Panel (CMP)** • Measures glucose, electrolytes, kidney/liver function, etc.
- **Lipid Panel** • Total Cholesterol, HDL, LDL, Triglycerides
- **Thyroid Stimulating Hormone (TSH)** • Screens for hyperthyroidism and hypothyroidism
- **Blood Pressure & other Vital Signs**
- **Body Mass Index (BMI)**
- **Personal Health Report** • Summary report received at your screening
- **Easy-to-Read Lab Report** • Includes explanations of results that are out of range

Remember, prior to your screening

- Fast for **at least 12 hours**
- **Drink plenty of water**
- Take prescription medications as prescribed
- Do not attend if you have a fever, cough, or are feeling unwell.
- Reach out to your health care provider to see if additional laboratory tests are needed. The costs at our screening are often reduced.
- Extra tests can be added during check-in.



Your photo ID and health plan card are required at check-in