

2024 Huntington University

Wellness Screening



What is a Wellness Screening?

This is a 10-minute appointment held on-site at your place of business. A Parkview Wellness Screener will take your biometrics (measure your height, weight, waist circumference, and blood pressure) and complete your blood draw.

Why should you complete a Wellness Screening?

A Wellness Screening is an important step that allows you to become aware of your health and more knowledgeable about key health factors. These factors include, but are not limited to, blood pressure, weight, BMI, cholesterol, and blood glucose. Knowing your numbers and how to keep them in an appropriate range can help you lead a healthy and active lifestyle, as well as prevent future health risks.

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

Date	Time	Location
04/04/2024	7:00a.m.-9:30a.m.	Dowden Science Hall 2120 College Ave, Huntington, IN
04/11/2024	7:00a.m.-8:00a.m.	1819 Carew St, Fort Wayne, IN 3rd Floor

Sign-ups will close at noon on 03/25/24 & 04/01/2024.

Wellness Portal Access

The following link and QR code will take you to the Huntington University portal that allows you to schedule your wellness screening.

<https://huntingtonuniversity.personalhealthportal.net/login>



First Time Portal User: Scroll down and choose “*Sign Up*” if this is your first-time logging into the portal. Validate the information in the system by verifying legal first and last name, date of birth, zip code, and last 4 of SSN. This information must match the information provided by Huntington University HR system.

Returning Portal User: If you are a returning user to the portal, log in using your username and password. 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.



Wellness Portal Access (continued)



For convenience, you may also download the WellBeing+Me App. Log into the WellBeing+Me App utilizing the same username and password used for the Huntington University Wellness Portal.

Schedule your Wellness Screening:

1. On the Home page, locate the “Register for your Wellness Screening” widget.
2. Scroll down and click “Registration”.
3. Next, you will choose your appointment date, then time.
4. Click “Register for This Time”.
5. Complete the registration survey. Lab package descriptions found below.
6. Click “Register” and you are finished!

Lab Testing Package Options

Please review the below testing packages offered to Huntington University employees & spouses.

Parkview Diamond Package – Free on Health Plan/\$68 not on Health Plan

- Lipid Profile (Total Cholesterol, HDL, LDL, Triglycerides, Cholesterol/HDL Ratio)
- A1C Glycohemoglobin-used to diagnose diabetes
- Complete Metabolic Screening Panel: Glucose (blood sugar), Sodium, Creatinine, Calcium, Albumin, Bilirubin, Alkaline Phosphatase, AST, ALT, Chloride, Blood Urea Nitrogen (BUN), Globulin and Protein
- Complete Blood Count (CBC): white blood cells, red blood cells, hematocrit, platelets, and hemoglobin
- TSH 3rd 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: Free on Health Plan/\$12 each not on Health Plan

- 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.

Results

Your lab and biometric results from this screening will be available in your Huntington University wellness portal within 48 hours. We encourage you to meet with your primary care provider to review your results.