



Your personal wellbeing is something you have much more control over than you may realize.

It begins with understanding where you are today, then getting advice and tools along the way to help you keep moving toward a healthier you.

WELLNESS FIRST

A Division of BHS

2018 AMGH Health Screenings

Onsite and offsite screenings begin **September 1, 2018** and conclude **October 15, 2018**

Online registration opens **August 29th**

BHS Customer Service:
205-842-1336

Registration & details available at:
behavioralhealthsystems.com/AMGH

Onsite screenings will be available at 8 AMGH locations this year. All employees will have access to LabCorp, Quest or Wellness First collections sites, in addition to the option of using your primary care provider. Additional details will be available online.

IMPORTANT DETAILS

Employees must complete the AMGH Fit to Serve biometric screening annually to maintain the 20% additional Short-Term Disability benefit and receive the \$100 per month medical premium reduction

Current Employees

- If you completed a screening at your doctor's office on/after June 1st – make sure your physician completes the Physician Form for submission to Behavioral Health Systems
- If you have not completed a screening on/after June 1st, follow the Behavioral Health Systems instructions to complete a biometric screening between September 1st and October 15th

New Hires

Screening completed before June 1, 2018

- Follow the Behavioral Health Systems instructions to complete a biometric screening between September 1st and October 15th

Screening completed on/after June 1, 2018

- If screened at LabCorp or another clinic option, no further action is required
- If screened at doctor's office – make sure your physician uses the Physician Form and submit your results to Behavioral Health Systems

Tests Include: Total Cholesterol, HDL, LDL, Triglycerides, Fasting Glucose, Blood Pressure, Height, Weight, Waist Circumference, and BMI

Test results will be mailed to employee homes

Do not eat or drink the morning of your screening

Do take all medications as normal prior to your screening

Schedule your appointment online prior to your screening

Enter **work location zip code** when searching for LabCorp, Quest, or alternate location.

