

BIOMETRIC SCREENING OPTIONS

Choose from the options below how you would like to complete your biometric screening. Once you complete your blood draw, your results will be available on the myHealthCheck360 portal with an individual health score. You must complete your screening by 02/28/2021.

AT HOME TEST KIT

- Select **Request an At-Home Test Kit** on the **More** page on the mobile app
- Fill in your information on the order form and select **Submit**
- You will receive a confirmation email from Coremedica Labs Inc. following your order placement
- Your kit will arrive within 10 business days
 - Follow the instructions included in the kit and place in the mail once complete
- Your results will be available on the myHealthcheck360 mobile app or online portal 7-10 business days after your kit has been received.

PHYSICIAN FORM

- Select **Submit a Physician Form** and download the **Physician Screening Form** from your myHealthCheck360 account.
 - Complete the **Participant** section before your appointment.
 - You must sign your results form. Your results will not be processed without your signature.
- Review the [Physician Form instructions](#) and provide page 2 to your Primary Care Physician
- To submit your form:
 - Log in to www.myhealthcheck360.com.
 - Go to **My Program** tab and select **Physician Form**.
 - Fill in all required fields and upload a copy of your form.
 - **For the Glucose field, please enter your A1c percentage**
 - Once submitted, you will receive a notification that results are under review.
 - Employees and spouses must complete separate forms and submit them through their separate myHealthCheck360 accounts.

ASPIRUS OFFSITE LAB

- Download the [2020-2021 Aspirus Biometric Screening Voucher](#) for instructions on how to schedule
 - This can also be accessed by logging into your account on myHealthCheck360.com and accessing the Benefits Wallet found on the left-hand toolbar.