

Health Screening

do YOU know your numbers?



**Premium Free Month in November:
TWO EASY STEPS!!!**

\$168 Single Coverage & \$394 Family Coverage

If you cover a spouse, both the employee and spouse must complete BOTH STEPS for the Premium Waiver!

STEP 1: Attend the ONSITE HEALTH SCREENING

Sign Up Online Today! Go.PersonalizedPrevention.com
Choose a convenient time and location for your screening.



WE SAVE LIVES...
WANNA BE NEXT?

Current User Login:

Username
Password

[Forgot Password?](#)

First Time Users: Register Here!

The information you provide on this site will be kept strictly confidential. Your personal information will not be shared with your employer.





[Click here to sign up >>>](#)

If You Forgot Your Password:

- Click the "Forgot Password?" Link.
- Answer the following questions and a new password will be sent to your email.
- Still can't get in? Call 1-800-515-6641

STEP 2: Complete HEALTH ASSESSMENT Questions

Start Here

-  **Health Assessment**
Fill out your Health Assessment to stay healthy.
-  **Assessment Report**
Review your report to identify your risk areas.
-  **Screening Results**
Review your screening results to better understand your risks.
-  **Event Registration**
Sign up here for upcoming events.

Click **"Health Assessment"** On Your Dashboard
(These can also be done onsite at screening)

Open to ALL employees, retirees and spouses covered under the OK County Health Plan!
Jail screening for Sheriff's employees only!



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Location	Date	Time
Annex/Courthouse 320 Robert S Kerr	Wednesday, 08/24/16	7:00am—11:00am
Annex/Courthouse 320 Robert S Kerr	Thursday, 08/25/2016	7:00am—11:00am
District 3 11500 N. Hudson	Friday, 08/26/2016	6:30am—10:30am
Jail Day 1 (Sheriff Employees Only) 201 N. Shartel	Tuesday, 08/30/2016	5:30am—9:30am 1:00pm—4:00pm
Jail Day 2 (Sheriff Employees Only) 201 N. Shartel	Wednesday, 08/31/2016	7:00am—11:00am 3:00pm—7:00pm
Sheriff's Substation Day 1 (Sheriff Employees Only) 8021 SE 29th St., MWC	Thursday, 09/01/2016	5:30am—10:30am
Sheriff's Substation Day 2 8021 SE 29th St., MWC	Saturday, 09/03/2016	6:00am—12:00pm
Juvenile Justice Center 5905 N. Classen Ct. #202	Tuesday, 09/06/2016	6:30am—10:30am 3:00pm—7:00pm
Social Services 7401 NE 23rd Street	Thursday, 09/08/2016	6:30am—10:30am

If you are unable to attend the onsite screenings, IMwell Clinics are offering make-up exams September 12 - September 16. You must call or register online via Wellness Portal for an appointment

Oklahoma City Midtown Clinic

136 NW 10th Street #110
Oklahoma City, OK 73103
Phone: (405) 778-8552

Monday: 8:30am-11:30am

Tuesday & Wednesday:

8:30am-11:30am & 1:00pm-4:00pm

Oklahoma City North Clinic

4200 Coletta Drive
Oklahoma City, OK 73120
Phone: (405) 286-3090

Thursday: 8:30am-11:30am

Midwest City Clinic

6912 Reno Avenue #202
Midwest City, OK 73110
Phone: (405) 610-6998

Friday: 8:30am-11:30am

Your results are confidential!

Wellness Screening FAQ

1. Please fast 10 hours prior to screening.
2. Don't have a high fat meal the night before the screening. It can affect some of the lipid results.
3. You can drink black coffee w/ no cream or sugar however caffeine does raise your blood pressure.
4. When you are dehydrated it is harder to give blood so drink as much water as possible the days before the screening.
5. If for any reason you cannot fast for 10 hours please let us know.
6. If we have a lot of people try to squeeze into the beginning of the screening we will get backed up and there will be longer wait times.