Attn: All Xavier University Humana Participants:

Now, **you** can measure and profile your health risks

**Wellness Screenings**

*It’s up to you!* The actions you take today directly affect your health and wellness in the years ahead. A simple biometric screening is the place to begin, and we’ve made it even easier by bringing the screenings to you!

Components to be tested:
Height, Weight, Waist Circumference, Blood Pressure and blood sample (measuring Total Cholesterol, HDL, LDL, Triglycerides and Glucose)

**September 26, 2012**

7:00am – 11:00am & 12:00pm – 4:00pm

To schedule your Biometric Screening visit:

https://concentra-livewell.xmdr.com/

**To Schedule Your Wellness Screening:**
1. Go to https://concentra-livewell.xmdr.com/
2. Click “Sign Up” (Do not click “Login”)
3. Create your own username and password then proceed to fill in all fields marked with an asterisk (*), then click “Confirm.”
4. Select your on-site location from the drop-down box located next to ‘Location,’ then click the “First Available” button located on the right hand side of the page.
5. Click directly on the date and time you wish to reserve from the list of available appointments.
6. Review your appointment details then click “Next” to confirm your appointment. You can view your confirmed appointment by clicking “View.” You will also receive an e-mail confirmation of your appointment.

**To Reschedule Your Appointment:**
1. Enter your username and password you previously created and click “Login.” If you forgot your username and/or password please contact the Concentra Solution Center at 1-877-327-2771 (Hours of Operation: 7:00 am – 7:00 pm CST).
2. Once logged in click “View,” then click on your appointment which will appear in green.
3. Click “Cancel.” A message will appear in green saying your appointment has been cancelled.
4. In the top left corner of the page, click on the “Main Menu” then click on the “Schedule” button.
5. Follow steps 4-6 listed above to schedule your new appointment.

Fasting is required for 9-12 hours prior to your screening.
- Nothing to eat or drink besides water.
- Medications should be taken as prescribed.

Exceptions for fasting:
- Individuals with diabetes or hypoglycemia and pregnant women.

Screenings are free and confidential!

*Now is the time to act!*