2021 Biometric Screenings at NO COST!
HSBT Medical Plan Member Employees & Spouses are eligible

Beginning April 1, 2021 through April 30, 2021
Health Coaches will be providing Biometric Screenings at the HSBT Health & Wellness Center
locations listed below. Screening appointments will be available on various days and times during clinic hours.

Harding
6925 South Harding St.
Suite B1
Indianapolis, IN  46217

Speedway
1011 Main Street
Suite 260
Speedway, IN  46224

Wellness Incentives
HSBT is offering MyWellness points for Biometric Screening results that fall within range. Details included on your MyWellness portal.

About Your Biometric Screening
Your Health Coach will provide you with immediate, confidential biometric screening results for the following: blood pressure; body mass index; body fat; waist circumference; blood glucose, cholesterol (HDL, LDL, and triglycerides).
For the most accurate results, it is recommended that you fast for a minimum of 8 hours prior to the screening (water and medications are allowed). If you cannot fast for 8 hours, it is best to avoid caffeine, sugar, and high fat foods for at least 3 hours.

To Schedule your Biometric Screening
1. Log into mywellness.ecommunity.com
2. Select Upcoming Events in the top menu bar
3. From the Geographic Location drop-down menu, select your preferred location
4. Select the Date of your choice
5. Select Register for the time of your choice
6. Provide your phone number and select Register for this slot
7. Select the green arrow beside your appointment to download to your calendar

If you are unable to find a date that works for you, please check back as appointments may become available.
To Cancel your Biometric Screening

1. Log into mywellness.ecommunity.com (please provide 48 hours’ notice)
2. Select your Scheduled Appointment (Registered date will be highlighted in Green)
3. Select Unregister, confirm Unregister

Personal Health Assessment

The Personal Health Assessment will help you determine your areas of risk and what you can do to improve your health. Please set aside 15-20 minutes to take the PHA and review your results.

To Complete your Personal Health Assessment

1. Log into mywellness.ecommunity.com
2. Select Health Education in the top menu bar
3. Select PHA (optional) in the drop-down menu
4. Review the Terms of Use and select I agree, then select Continue

Questions? Please call 317.621.9646