

Measure Up Instructions

Offsite Lab and PCP Form Options



Measure Up: What Is It?

Your body can reveal a fascinating amount of data about your health with just a few simple measurements and a painless blood sample. Measure Up lets you get the most out of your company's wellness program by providing an accurate reading of your body's many functions. The data you get back will allow you to select challenges that will improve your well-being where it's needed the most. Prepare to learn a lot about your body!

WHERE

mybmcwellness.com
"Measure Up" Schedule

CHOOSE OPTION

Offsite Lab OR
PCP Form

LOCATION

Select off-site location
OR Choose PCP and
download the form

You Must Register

Pick a time slot and make your screening easy:

- 1) Login at mybmcwellness.com (select "Register" if you need to activate your account).
- 2) Once logged in, go to the "Measure Up" challenge and click "Schedule."
- 3) Select "Schedule a Screening."
- 4) Accept each of the two EHS consent forms Health Screen Consent and HIPAA Authorization by checking the "I agree" box at the bottom of each form.
- 5) Select Offsite Lab OR PCP Form.
- 6) For Offsite Lab – Choose a location that works best for you. An email confirmation will be sent with all of the necessary details.
- 7) For PCP form – You will need to print off the form and take this to your doctor to fill out and send.
- 8) That's it! A confirmation page will be generated for your records and an email will be sent with your appointment information.

Important: The Day Before Testing

You must fast (no food) for 9 hours before your appointment.
Drink plenty of water. Continue to take any prescription medications.
If you are diabetic, please consult your physician before fasting.



Learn about You

- ✓ Glucose
- ✓ Cholesterol
- ✓ Blood Pressure
- ✓ Weight
- ✓ Triglycerides
- ✓ BMI

