

EMPLOYEE HEALTH SCREENING

DC Government

Tests Include: Total Cholesterol, HDL, Glucose, Blood Pressure, Height, Weight, Waist Circumference and BMI.

Login to or Register in your CareFirst Wellbeing App via one of the following modalities:

❖ CareFirst MyAccount > My Health Tab > Wellness Program

❖ Direct login via [Website](#)

❖ Download the CareFirst Wellbeing App from the App Store on your phone

1. Once logged into your CareFirst Wellbeing account, select [Your Wellness Resources Tile](#).
2. Select [Benefits](#) and click on the [Health & Fitness Tile](#).
3. Select [Health Screening Tile](#).
4. If you would like to opt in for a text message reminder, select [Yes](#), type in your cell number and click [Submit](#). If you do not want the text message reminder, select [No](#) and click [Submit](#).
4. Select your location and use the drop-down function to choose your desired appointment time and click [Register](#).
5. Acknowledge the Health Screening Consent by checking the [I Agree](#) box located at the bottom of the consent. Enter first and last name in the [Signature](#) section and click [Continue](#).
6. Once you have completed the sign-up process, a confirmation page will be generated for you to print for your records. You will also receive a confirmation email with the same information just after scheduling your appointment.

If you would like to schedule by phone, please call EHS Customer Service at 888-708-8807, ext. 1,

Monday - Friday 7:00 am - 6:00 pm CST.



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