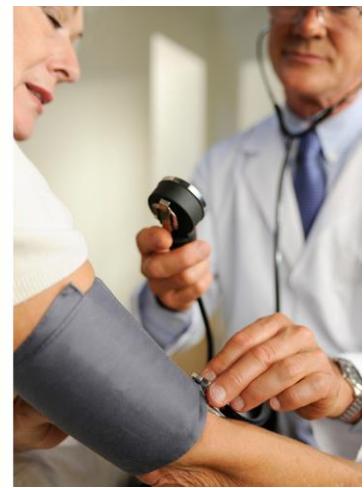


From your
wellness champion



Schedule a Vitality Check (biometric screening)

When: May 16, 6:30-11:30 noon and May 17, 6:30 – 11:30 a.m.

Where: Madden's Resort – Town Hall lower level –
Governor Ramsey Room

Concordia Health Plan members can sign up for a free onsite biometric screening through Vitality at the Minnesota Pastors' Conference at Madden's Gull Lake. **Screenings will be available on May 16 and 17 from 6:30-11:30.** Getting your screening will help you better understand your health status, present a more accurate Vitality age, and reward you with Vitality points. Your results will be automatically uploaded into the Vitality platform in 10-14 business days.

To schedule a screening, follow the steps below. You can also watch a video tutorial at ConcordiaPlans.org/screening to walk through the steps of setting up an appointment. You must sign up at least two weeks prior to the screening to secure a spot. **Registration closes May 2. Limited walk-in appointments will be available, so make sure to register in advance.**

Sign in to Vitality through BeWellServeWell.com. Select “Click here to schedule a Vitality Check through Quest” from the center of the home page. Accept the terms and conditions on the Quest website and enter your remaining personal information to register. Click on Get started > Schedule now > At event. Then choose your location and select the time for your screening.

In order to get accurate readings, you'll need to fast (no food or beverages beside water) for 8-10 hours prior to your screening. But be sure to drink plenty of water. If you have questions or need help scheduling your screening, call the Quest support line at 1-855-623-9355.