It Starts With Me
HEALTH

Montana Credit Union League Group Benefits Trust

Annual Health Screenings

Kalispell, MT

Friday, November 20, 2026

6:30 AM - 9:30 AM

Hampton Inn Kalispell - Northfork Room
1140 Hwy 2 West

Register online today!

Registration is required. Walk-ins will not be allowed.

1. Go to **my.itstartswithme.com**
2. Login to your account or Create an Account (new users)
3. Use the company code: 6738981

Who is eligible to participate?

Participation in the health screening is voluntary

Health Plan Members (Employee, Spouse, Dependent and Retired Employee): The cost of the health screening will be submitted to your wellness benefit
Non-Plan Members: You are welcome to attend and purchase the screening for $165.00.
Attendees must be at least 18 and not on Medicare/Medicaid.

What is included in the screening?

- **Complete Blood Count (CBC)** • Measures white/red blood cells, platelets, blood components
- **Comprehensive Metabolic Panel (CMP)** • Measures glucose, electrolytes, kidney/liver function, etc.
- **Hemoglobin A1C** • Average blood glucose over the past 2-3 months
- **Iron** • Evaluates the level of iron in the blood
- **Lipid Panel** • Total Cholesterol, HDL, LDL, Triglycerides
- **Thyroid Stimulating Hormone (TSH)** • Screens for hyperthyroidism and hypothyroidism
- **Blood Pressure & other Vital Signs**
- **Body Mass Index (BMI)**
- **Personal Health Report** • Summary report received at your screening
- **Easy-to-Read Lab Report** • Includes explanations of results that are out of range

Remember, prior to your screening

- Fast for **at least 12 hours**
- **Drink plenty of water**
- Take prescription medications as prescribed
- Do not attend if you have a fever, cough, or are feeling unwell
- Reach out to your health care provider to see if additional laboratory tests are needed. The costs at our screening are often reduced.
- Extra tests can be added during check-in

Your photo ID and health plan card are required at check-in

Need assistance? No Computer Access?
Call us (toll free) at 866-932-6467, Monday - Friday between 9 am - 4 pm MST
my.itstartswithme.com