



A SERVICE OF
Our Lady of the Lake

See you in your healthy self!

Sign Up and Get Screened at the EBRC Health Fair!

Did you know ... A regular assessment of an individual's health can provide valuable insight on current or potential medical issues, risk for chronic preventable diseases such as diabetes, heart disease, and hypertension, can identify strategies for improved health and well-being.

How to prepare for your wellness screening at the EBRC Health Fair on Tuesday, May 16, 2023:

- ① **Create your account and complete your *Healthy Lives* Screening Questionnaire.**
If you already have an account on the inHealth mobile app or web-based portal, enter your email address and password and click 'Login' to complete your questionnaire.
Visit <http://portal.inhealth4change.com>.
If this is your first time using the inHealth mobile app or web-based portal, download the inHealth Well-being App from the App Store or Google Play. Search 'inHealth: Well-being'. Click 'here' to create an account under *First Time Here?* and follow these steps to create your account and complete your questionnaire.
 - Enter Company ID: **EBRC** and click 'Next'.
 - Complete the demographic information and create a password.
 - The password must be between eight (8) and 15 characters and must contain at least one number and one special character (accepted special characters are !@#\$%^&*).
 - Enter 'Last 6 of Social', ex: 123456
 - Review the Terms of Service and Privacy Policy and mark the 'I Agree' checkbox.
 - Click 'Create'. After creating an account, you will be taken back to the *Login/Create Account* screen.
 - Enter your email address and password and click 'Login'.
- ② **Complete HRA Screening Questionnaire.**
 - From the *Today* screen, click on the menu symbol in the top left corner. Select 'Screening' from the menu list, then 'Health Risk Assessment Questionnaire' to start your questionnaire. Once you are finished, return to the *Today* screen.
- ③ **Attend a Screening to Begin Your Journey to Better Health.**
 - Fasting six (6) to eight (8) hours before your screening is recommended for best results.
 - **DO NOT** eat or drink anything except water or black coffee; however, do not use cream or sugar.
 - **DO** take all medication as directed by your physician(s) as you normally would.
 - **DO** drink plenty of water before your screening to stay hydrated.
 - **DO** wear a loose-fitting shirt that allows you to roll up your sleeve for a blood pressure check.
 - You will be screened for height, weight and waist measurements, blood pressure, blood work (simple fingerstick) blood glucose and cholesterol levels.



Need assistance, contact Healthy Lives at (855) 426-4325