

# MCCS SOUTH CAROLINA EMPLOYEE METABOLIC SYNDROME SCREENING EVENT

*Keep your finger on the pulse of your health*

## 05 OCTOBER Afterburners

MCAS Beaufort | 0800-1100  
Event ID #410640

## 07 OCTOBER Four Winds

MCRD Parris Island | 0800-1100  
Event ID #410644

This **FREE** Metabolic Syndrome Screening event is open to employees and their spouses who are enrolled in the Aetna Health Plan and who have not yet had their Metabolic Syndrome Screening for 2020. This will be a convenient onsite event held at both MCAS Beaufort and MCRD Parris Island.

Screenings take between 10–15 minutes. The registration is quick and easy and for your convenience there will be Quest team members conducting the screenings at both bases.

The Metabolic Syndrome Screening measures blood pressure, blood sugar, triglycerides, cholesterol and BMI. After the screening, participants will receive an email letting them know their results are ready to view online.

This is a fasting screening, please do not eat or drink 9–12 hours prior to your screening appointment. Take your regular medications though and drink water as needed. Employees may do the screening during their regular work shift with advance notice to their supervisor.

### Here's how to register:

Go to: [my.questforhealth.com](https://my.questforhealth.com), you will need this user registration key: **DOD2020**. Make sure you have your Aetna ID Card handy because you will need the "W" ID # on the front of your Aetna ID Card. If registering a Spouse, type "S" at the end of their "W" ID #. Enter date of birth.

You can also register by calling the Blueprint for Wellness Call Center at 855-623-9355 Monday–Friday 7:00am–8:30pm and Saturday 7:30am–4:00pm Central Standard Time

**Registration closes on 09.21.2020** so please don't delay. Walk-in traffic does not guarantee participation in this event.

