

## Get Started on Your 2018 Discount!

Schedule your State-sponsored health screening as soon as possible!

Have a screening at a Montana Health Center in Anaconda, Billings, Butte, Helena, Missoula, or Miles City or at any of the events listed in this flyer.

**You must have an appointment to have a State-sponsored health screening:**

1. Log in at [www.carehere.com](http://www.carehere.com) or call (855) 200-6822. (First time registration code-MANA9.)
2. Select "Blood Draw" next to "What."
3. For off-site screenings, select the exact date of the screening you want next to "When" and "Off-Site Health Screenings" next to "Where."

DATE	CITY	TIME	LOCATION
2/1/2017	Boulder	6:00 - 11:00 AM	MDC Multi-purpose room
2/2/2017	Bozeman	6:00 - 11:00 AM	C'mon Inn
2/3/2017	Bozeman	6:00 - 11:00 AM	C'mon Inn
2/14/2017	Kalispell	6:00 - 11:00 AM	Hampton Inn - Northfork Room
2/15/2017	Kalispell	6:00 - 11:00 AM	Hampton Inn - Northfork Room
2/16/2017	Kalispell	6:00 - 11:00 AM	Hampton Inn - Northfork Room
2/17/2017	Whitefish	6:00 - 11:00 AM	Best Western Rocky Mountain Lodge-Ququski Room
2/21/2017	Shelby	6:00 - 11:00 AM	Marias River Electric Co-Op
2/22/2017	Great Falls	6:00 - 11:00 AM	School For Deaf and Blind - Lobby of Mustang Center
2/23/2017	Great Falls	6:00 - 11:00 AM	School For Deaf and Blind - Lobby of Mustang Center
2/28/2017	Deer Lodge	6:00 - 11:00 AM	DOC Training Center
3/1/2017	Deer Lodge	6:00 - 11:00 AM	DOC Training Center
3/7/2017	Dillon	6:00 - 11:00 AM	Search and Rescue Building—1000 Highway 41
3/8/2017	Warm Springs	6:00 - 11:00 AM	MSH - Program Support Building Rooms A&B
3/14/2017	Bozeman	6:00 - 11:00 AM	C'mon Inn
3/21/2017	Libby	6:00 - 11:00 AM	Libby City Hall; Ponderosa Room
3/22/2017	Columbia Falls	6:00 - 11:00 AM	VA Chapel - 400 Veterans Drive
3/23/2017	Columbia Falls	6:00 - 11:00 AM	VA Chapel - 400 Veterans Drive
3/24/2017	Polson	6:00 - 11:00 AM	Polson Masonic Lodge
4/4/2017	Great Falls	6:00 - 11:00 AM	Best Western Plus Heritage Inn - Montana/Alberta Room
4/5/2017	Great Falls	6:00 - 11:00 AM	Best Western Plus Heritage Inn - Montana/Alberta Room
4/6/2017	Havre	6:00 - 11:00 AM	Best Western Great Northern
4/25/2017	Wolf Point	6:00 - 11:00 AM	First Lutheran Church
4/26/2017	Sidney	6:00 - 11:00 AM	USDA - ARS Meeting Room
4/27/2017	Glendive	6:00 - 11:00 AM	Comfort Inn
4/28/2017	Glendive	6:00 - 11:00 AM	Comfort Inn
5/9/2017	Glasgow	6:00 - 11:00 AM	Cottonwood Inn
5/10/2017	Havre	6:00 - 11:00 AM	Best Western Great Northern
5/23/2017	Kalispell	6:00 - 11:00 AM	Hampton Inn - Northfork Room
5/24/2017	Kalispell	6:00 - 11:00 AM	Hampton Inn - Northfork Room
5/25/2017	Kalispell	6:00 - 11:00 AM	Hampton Inn - Northfork Room

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## 2017 Off-Site Health Screening Schedule—Continued

DATE	CITY	TIME	LOCATION
5/26/2017	Columbia Falls	6:00 - 11:00 AM	VA Chapel - 400 Veterans Drive
6/6/2017	Livingston	6:00 - 11:00 AM	Yellowstone Pioneer Lodge—1515 W. Park Street
6/7/2017	Bozeman	6:00 - 11:00 AM	C'mon Inn
6/8/2017	Bozeman	6:00 - 11:00 AM	C'mon Inn
6/14/2017	Great Falls	6:00 - 11:00 AM	Best Western Plus Heritage Inn - Montana/Alberta Room
6/15/2017	Great Falls	6:00 - 11:00 AM	Best Western Plus Heritage Inn - Montana/Alberta Room
6/16/2017	Shelby	6:00 - 11:00 AM	Marias River Electric Co-Op
7/6/2017	Lewistown	6:00 - 11:00 AM	Yogo Inn
7/7/2017	Lewistown	6:00 - 11:00 AM	Yogo Inn
7/11/2017	Havre	6:00 - 11:00 AM	Best Western Great Northern
7/12/2017	Glasgow	6:00 - 11:00 AM	Cottonwood Inn
7/26/2017	Hamilton	6:00 - 11:00 AM	Bitterroot River Inn; Montana Room
7/27/2017	Hamilton	6:00 - 11:00 AM	Bitterroot River Inn; Montana Room
8/8/2017	Deer Lodge	5:30 - 10:30 AM	MSP - Wallace Building Large Classroom
8/9/2017	Deer Lodge	6:00 - 11:00 AM	DOC Training Center
8/22/2017	Lewistown	6:00 - 11:00 AM	Yogo Inn
8/23/2017	Bozeman	6:00 - 11:00 AM	Holiday Inn Express and Suites
8/24/2017	Bozeman	6:00 - 11:00 AM	Holiday Inn Express and Suites
9/7/2017	Warm Springs	6:00 - 11:00 AM	MSH - Program Support Building Rms A&B
9/8/2017	Dillon	6:00 - 11:00 AM	Search and Rescue Building—1000 Highway 41
9/19/2017	Libby	6:00 - 11:00 AM	Libby City Hall; Ponderosa Room
9/20/2017	Kalispell	6:00 - 11:00 AM	Hampton Inn - Northfork Room
9/21/2017	Kalispell	6:00 - 11:00 AM	Hampton Inn - Northfork Room
9/22/2017	Kalispell	6:00 - 11:00 AM	Hampton Inn - Northfork Room
10/3/2017	Bozeman	6:00 - 11:00 AM	Holiday Inn Express and Suites
10/4/2017	Bozeman	6:00 - 11:00 AM	Holiday Inn Express and Suites
10/16/2017	Great Falls	6:00 - 11:00 AM	Best Western Plus Heritage Inn - Montana/Alberta Room
10/17/2017	Great Falls	6:00 - 11:00 AM	Best Western Plus Heritage Inn - Montana/Alberta Room
10/18/2017	Great Falls	6:00 - 11:00 AM	Best Western Plus Heritage Inn - Montana/Alberta Room

### Health Screening DOs

- Do drink plenty of water 24 hours prior to your screening.
- Do take prescription medications as directed by your doctor.
- Do wear clothing with loose fitting sleeves to the screening.
- If you are diabetic: Schedule your appointment earlier in the morning so fasting time does not extend late into the morning.
- It is okay to brush your teeth prior to the screening.
- Do take the results of your health screening to regular doctor's appointments so that labs do not need to be repeated. This saves you and the plan money.

### Health Screening DON'TS

- Don't eat or drink food or beverages other than water and black coffee 12 hours prior to your screening.
- Don't exercise strenuously 10 hours prior to your screening
- Do not attend if you are ill. Call or go online to [www.carehere.com](http://www.carehere.com) to cancel your appointment.

To schedule a **Health Screening** go to [www.carehere.com](http://www.carehere.com) or call (855) 200-6822 or email [help.montana@carehere.com](mailto:help.montana@carehere.com)

