



EMPLOYEE HEALTH SCREENING

Southern Methodist University
6116 N. Central Expwy.
Dallas, TX 75206

April 22 & 23, 2026
7:00 AM – 10:30 AM

Tests Include: Total Cholesterol, HDL, LDL, Triglycerides, Glucose, Blood Pressure, Height, Weight, Waist Circumference and BMI.

9 hour fast recommended. Black coffee and water permitted.

TO SCHEDULE YOUR ONSITE APPOINTMENT:

1. Go to <https://www.ehealthscreenings.com/signup>.
2. If you have participated in a previous screening facilitated by eHealthScreenings, enter your username and password and click Submit. On the following screen under Step 1, enter the Screening Key: **HMA267** and **Click to Select**. If you have not participated in a screening, under the NOT YET REGISTERED? box, enter the Screening key: **HMA267** and click **Submit**. Enter your assigned default username and password. For your assigned default username and password use the following format:

USERNAME: First Initial + Last Initial + DOB (MMDDYYYY) (example: John Smith born 4/23/1975 is JS04231975)
PASSWORD: Last Name + 1111 (example: John Smith is Smith1111)
**Username and Password are case sensitive*
3. Update account information and click **Submit**.
4. Select **Click to Select** within the Onsite Screening section.
5. If you would like to opt in for a text message reminder, select **Yes**, type in your cell number and click **Submit**. If you do not want the text message reminder, select **No** and click **Submit**.
6. Use the drop-down function to choose your desired location, date and time. Click on **Register**.
7. Acknowledge the Health Screening Consent by checking the "I agree" box located at the bottom of the consent. Enter first and last name in the Signature section. Click **Continue**.
8. Once you have completed the sign-up process, a confirmation page will be generated for you to print for your records. You will also receive a confirmation email with the same information just after scheduling your appointment and 24 hours before your appointment time.

REMEMBER: It is recommended to fast (no food) for 9 hours before your appointment. Please drink plenty of water. Black coffee is permitted. Continue to take any prescription medications. If you are diabetic, please consult your physician before fasting.

If you would like to schedule by phone or have any questions, please call EHS Customer Service at 888-708-8807, ext. 1, Monday - Friday 7:00am - 6:00pm CST.