

Know your numbers.



Quick. Convenient. Confidential.

As part of our 2020 wellness program, employees are encouraged to take part in our on-site biometric screenings.

What is a biometric screening?

A biometric screening is a snapshot of your health at a given point in time. The results can be a good indicator of your current level of health and can identify potential health risk.

What should I expect?

- 1 Fasting prior to your test is important for best results. Consuming only water (and no food) within the 8-12 hours before your test is ideal.
- 2 Testing will be done via finger-stick.
- 3 Results are immediate and you will receive a copy that same day.
- 4 Screenings will be offered during the regular work day and take approximately 15 minutes to complete.
- 5 Your screening results will remain confidential and will not be shared with your employer.

Screenings will include:

- Blood pressure
- Cholesterol
- Blood sugar
- Height and weight

Small variations can go undetected but early interventions and awareness is key.

Get a **FREE** biometric screening and start on the road to wellness. Schedule an appointment today.



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