**Worksite Wellness Program**“**Health Screening**”

Your logo



Your organization name

During your health screening you will obtain personal health numbers such as your blood pressure
and learn what these numbers mean. You will also be provided with information on how you can
take action to improve your numbers or close your health care gaps.

**Locations and Dates**

***Biometric Screening for HMSA members*.** Includes a check of your blood pressure, cholesterol levels, blood glucose level, height/weight, body mass index and waist circumference. A finger stick is used and no fasting is required.

***Closing your Care Gaps for Kaiser Permanente members***. A Kaiser Permanente nurse
will review your health record, check your blood pressure, take your height, weight,
body fat, body mass index, schedule preventive screenings as needed, give select immunization's, and order lab work as needed.

**These programs are confidential**. Your information is not shared with your employer.

**How to sign up**

**Questions about this wellness program contact**