



# Know Your Numbers

**Strive in 2025!**

**Take the first step to better health with an  
HMSA biometric screening.**

We're here to help you be your healthy best. Sign up for an onsite screening and you'll be on your way to improving your health and well-being. Screenings include:

- Body mass index and waist measurement.
- Blood pressure test.
- Cholesterol test.
- A1c test.
- Counseling session to review results.

Screenings take about 15 minutes to complete. Fasting isn't required. Additional safety measures will be in place to ensure participant safety. Masks are optional. If noticeable coughing persists, staff may ask you to wear a mask.



## EUTF Biometric Screenings

**Open to all EUTF members  
18+ regardless of health plan.**

**No cost  
for EUTF  
members**

**[Click here to sign up  
for an appointment.](#)**



Or scan the QR  
code with your  
mobile device.



**Friday, May 16, 2025  
9 a.m. - 2 p.m.**



**Location: 235 S. Beretania St.  
Leiopapa A Kamehameha  
State Office Tower  
2nd Floor Rooms 202, 203 & 204**