



BIOMETRICS ASSESSMENT

A biometric screening is an easy method of assessing your risk for potential health conditions by measuring your:

- Height, weight, and body mass index (BMI)
- Blood pressure and heart rate
- Total lipid panel, including total cholesterol, high density lipoproteins (HDL), low density lipoproteins (LDL), and triglycerides
- Blood glucose

At your scheduled appointment, qualified personnel will perform a finger stick to obtain a small sample of blood which is analyzed using on-site technology. The results are available within minutes. Fasting is not required, but is recommended.

Results will not be reviewed onsite. Your personal health coach will review your results with you and provide recommendations to make your health and wellness even better. [Log-on to your personal health portal](#) to schedule your first health coaching session upon completing your health risk assessment and biometric assessment.

[Schedule your biometric screening here](#)