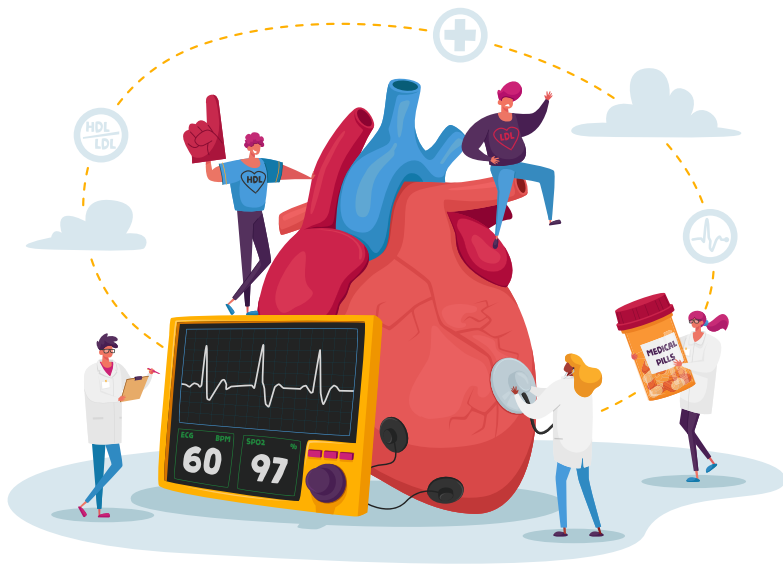




Grand County

Colorado



WHAT IS BIOMETRIC SCREENING?

A biometric screening is a clinical set of laboratory tests and measurements that are completed to give individuals a clear picture of their overall health.

While biometric screenings are not a replacement for routine examinations with a primary care provider, they are a convenient way for individuals to keep an eye on their health risks.

Individuals who participate in biometric screenings year-over-year see improvement in important health metrics like cholesterol and glucose.

Biometric screenings can help you learn if you're at risk for:

- Cardiovascular disease
- Sleep apnea
- Diabetes

FREE BIOMETRIC SCREENING

WEDNESDAY, APRIL 10

ADMIN BUILDING LUNCH ROOM, HOT SULPHUR SPRINGS

WHO CAN PARTICIPATE?

Employees **and** spouses are eligible for the **free** screening.

WHAT'S THE COST?

Zip, nothing, nada! The screening is **free** for employees and their spouses.

DO I NEED TO TAKE TIME OFF?

No! The time you spend traveling to and from Hot Sulphur (if you're based in another town) and the time for the screening is included in your time worked.

HOW DO I SIGN UP?

Look for more information coming soon with registration info!

PARTICIPATE AND WIN!

All employees who participate will receive a voucher to be reimbursed for online fitness subscriptions or gym memberships (up to \$30). For example: Memberships on YouTube yoga and fitness channels, Peloton App One, Noom, Middle Park Wellness Center.



Employee participants will also be entered into a drawing for an Omron 10 Series Wireless Upper Arm Blood Pressure Monitor.