



# Know Your Numbers Health Screening

**Wed 9/12, or Fri 9/21**

**7:30 am – 10 am ; Tang Education Center**

Appointments offered every 15 minutes ; \$10 Fee

9-12 Hours Fasting Required. Water and medications okay.

## Why Know Your Numbers?

Knowing your numbers is one of the best ways to evaluate your health by identifying your risk and providing motivation for managing your health. Even if you feel great and look healthy, you may not know what's going on inside. Many diseases are "silent" and affect your health long before you feel anything wrong.

**Know Your Numbers** is a voluntary, fasting health screening including total cholesterol, HDL, LDL, and triglycerides, glucose, blood pressure, weight, body mass index (BMI), and waist circumference. Receive your confidential results (seen only by Be Well at Work staff) and resources for follow-up immediately. Plan for 20-30 minutes to complete the screening. **9-12 hours fasting required.**

## To Register:

1. Go to [tinyurl.com/uclearningcenter](http://tinyurl.com/uclearningcenter) and search: know your numbers health screening
2. Click register.
3. Choose an appointment time and click submit.

