REGISTRATION INSTRUCTIONS – Know Your Numbers

**STEP 1:** Click on the “REGISTER” Button

**STEP 2:** Click on the “ADD” button

**OFFERINGS**
Select an activity

**ILT CLASS**
**Know Your Numbers**

- **9/19/2019 11:55 PM PDT**
- 2 Available Seats

**LOCATION**
Tang Center - Education Center, Tang Center - University Health...

**REGISTRATION NOTES**
Cost for the screening is $10.00. Please bring exact cash or check (made out to UC Regents) with you to your appointment date and time. Parking is available in the RSF parking lot with a valid P/S or C parking permit, or on metered street parking along Bancroft and Oxford. Please arrive no earlier than 5 minutes for your scheduled appointment time. Screening may take up to 30 minutes.
STEP 3: Choose desired appointment time and click “ADD”.

REGISTRATION NOTES
Cost for the screening is $10.00. Please bring exact cash or check (made out to UC Regents) with you to your appointment date and time. Parking is available in the RSF parking lot with a valid F/S or C parking permit, or on metered street parking along Bancroft and Oxford. Please arrive no earlier than 5 minutes for your scheduled appointment time. Screening may take up to 30 minutes.

ACTIVITIES (10)
You must select 1 activity(s)
STEP 4: View the Registration Summary located on the right and click “REGISTER”.

<table>
<thead>
<tr>
<th>ILT COURSE</th>
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<tbody>
<tr>
<td>Know Your Numbers Health Screening ($10 fee)</td>
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<tr>
<td>ILT CLASS</td>
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<td>Know Your Numbers</td>
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<td>ILT CLASS</td>
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<tr>
<td>8:00 - Know Your Numbers</td>
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[Register button]
**STEP 5:** You have successfully registered when you receive this banner. Check your email from [noreply@sumtotalsystems.com](mailto:noreply@sumtotalsystems.com) for your registration confirmation.

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**Registered for 8:00 - Know Your Numbers**

noreply@sumtotalsystems.com to me

<table>
<thead>
<tr>
<th>Sep</th>
<th>20</th>
<th>Fri</th>
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<tbody>
<tr>
<td><strong>Week</strong></td>
<td><strong>Date</strong></td>
<td><strong>Time</strong></td>
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<tr>
<td><strong>8:00 - Know Your Numbers</strong></td>
<td>Fri Sep 20, 2019 8am - 8:15am (PDT)</td>
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<tr>
<td><strong>Where</strong></td>
<td><strong>Tang Center - University Health Services/Tang Center - Education Center</strong></td>
<td></td>
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<tr>
<td><strong>Who</strong></td>
<td><a href="mailto:noreply@sumtotalsystems.com">noreply@sumtotalsystems.com</a>*</td>
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**Agenda**

Fri Sep 20, 2019

**No earlier events**

**6:30am** Know Your Numbers (Hold) 8am SM - WA Registration Check

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CORY EVANS,
Your registration is confirmed for Know Your Numbers. See below for details.

Activity name: 8:00 - Know Your Numbers

**Start date:** 9/20/2019 8:00:00 AM PDT

**End date:** 9/20/2019 8:15:00 AM PDT

**Activity description:** Please choose and register for an appointment time slot listed under this class session. Offered by Be Well at Work - Wellness Program.

Know Your Numbers is a voluntary, fasting health screening including total cholesterol, HDL, LDL, and triglycerides, glucose, blood pressure, weight and waist circumference. Receive your confidential results (seen only by Be Well at Work - Wellness Program staff) and resources for follow-up immediately.

Appointments offered every 15 minutes. 9-12 hours fasting REQUIRED. Plan for 20-30 minutes to complete the screening.

Cost for the screening is $10.00. Please bring exact cash or check (made out to UC Regents) with you to your appointment date and time.

**READ TESTIMONIALS AT:** [https://uhb.berkeley.edu/facstaff/wellness/calendar](https://uhb.berkeley.edu/facstaff/wellness/calendar)

**Student notes:**