

cholesterol weight  
triglycerides  
**Good health starts  
with good information.**

Know your  
Numbers

glucose HDL waist circumference  
blood pressure

## 2018 Biometric Screenings

All employees plus their spouse/domestic partner are invited to participate!

Screenings include an assessment of: total cholesterol, HDL, LDL, triglycerides, glucose, blood pressure, BMI, waist circumference, body composition and A1c for qualified participants.

You will receive your results immediately and have the opportunity to discuss them with a trained health care professional when you participate in one of our onsite events!

To schedule your appointment, go to  
[uswellness.com/plano](http://uswellness.com/plano)

Screenings will be hosted at various City locations starting March 6 - April 26

If you cannot attend an onsite screening, other options are available on the website.

**Note:** By completing a biometric screening, either onsite or at your doctor's office, you will have satisfied 1 of 2 steps to earn your health insurance premium incentive for 2019! This applies to employees/retirees and their spouse/domestic partner who are on the medical plan as of 1/1/2018.



If you have questions about your C4H Wellness Program, contact Michelle Gifford, michellegi@plano.gov or 972-941-7227