

## IT'S YOUR HEALTH. KNOW YOUR NUMBERS

Health screenings combined with America's Choice validated analytics can predict the onset of many diseases such as diabetes, heart disease, hypertension and other chronic conditions. Combined with Wholeistic™ Coaching, the screening experience can be a powerful motivation toward positive lifestyle changes.

As part of your program, you are eligible to order a biometric screening kit at a low cost to you. This health screening combined with the online Health Risk Assessment (HRA) can predict the onset of many diseases such as diabetes, heart disease, hypertension and other chronic conditions. Combine that with Wholeistic<sup>™</sup> Coaching, the screening experience can be a powerful motivation toward positive lifestyle changes.

This individual screening provides access to a comprehensive venipuncture blood draw and body analysis that includes:

- Lipid Profile, Glucose, Liver, Tobacco plus blood chemistries,
- Body analysis for Height, Weight, BMI, Body Fat, Blood Pressure
- Comprehensive Health Report Card

## The process is easy!

- Log on to your <u>Personal Health Dashboard</u>™ or scan the QR Code
- Go to My Benefit Tools
- Click on Order Health Screening tile and enter your information.



All the results are kept confidential. You will obtain valuable data to prioritize your risk resolution plan.

FOR ASSISTANCE:



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