

Enjoy the Moment  
BE PRESENT. BE WELL.



# know your numbers

Walk-Ins Welcome!



## Your **FREE** biometric screening includes:

- Height, weight and waist
- Blood pressure
- Fingertick cholesterol (including HDL, LDL and triglycerides) \*
- Fingertick glucose



Receive a credit for completing the *Living >> Well* Promise.

Date: June 14, 2022

Time: 7:00am-10:30am

Room: TBD

Scan the QR Code to Sign-Up

\*Fasting recommended but NOT required!



Kentucky Employees' Health Plan