

KNOW YOUR NUMBERS



PARTICIPATE IN A BIOMETRIC SCREENING

Assess your health status and identify your risk for common chronic diseases including; heart disease, diabetes and hypertension.

Screenings includes:

- Blood Pressure
- Body Mass Index (BMI)
- Total Cholesterol
- HDL Cholesterol
- LDL Cholesterol
- Triglycerides
- Cholesterol Ratio
- Glucose
- Waist Circumference

You may participate in 1 (of 2) ways;

- 1) **At a participating LabCorp location** on or before May 13, 2022
- 2) **Completing a home test kit** (must request a kit before April 20, 2022 and postmark your completed kit no later than May 4, 2022)



All employees enrolled in the BCBSAZ benefit plan are eligible to participate in a screening. Remember to fast at least 8 hours prior to your screening (no food or drinks, water is okay and encouraged).

Visit <https://uswemd.com/signup/pima> to request a lab voucher or home test kit.

Contact US Wellness at Support@uswellness.com or call 888-926-6099 x900 for help