



# Know Your Numbers Biometric Screenings

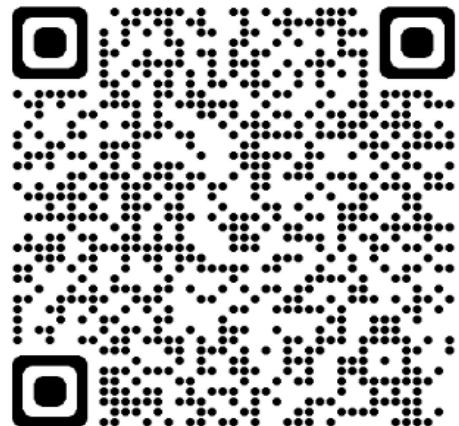
## **FREE Biometric Screenings for MVP members!**

Health measures like Body Mass Index (BMI), blood pressure, blood sugar/HbA1c, and total cholesterol can all be changed for the better through lifestyle modification. We hope that completing your biometric screening provides you with a more complete picture of your health status and encourages you to take steps to improve or maintain good health.

The wellness committee is happy to be bringing biometric screenings to several City locations. If you're covered by MVP health insurance, completing a biometric screening sets you on your way to earning \$200 in WellBeing Rewards. Just sign up, complete your biometric screening (it only takes 15 minutes), and all information will upload into Healthyroads!

**Sign-up for your 15-minute appointment slot now by using this link <https://wpvinc.as.me/COR> or by scanning the QR code with your camera app.**

**Screenings run April 30-May 23!**



**\*\*Screenings are completely confidential, performed by a 3<sup>rd</sup> party vendor.**