



Do good looks, mean you have good health???

During the months of August & September the county will sponsor a free health screening for all county employees who participate in the health insurance benefit plan.

Your physical appearance is only part of the picture. You can't tell how healthy you are just by looking in the mirror.

Get the full view for a better you by participating in this years health screening.

During the biometric screening evaluation you will learn if you are at risk for chronic illnesses like diabetes, heart disease and hypertension.



Prevention is the key to optimal health.



Blood Pressure

1 One of the strongest measure for heart disease risk



Blood Glucose

2 Commonly used to diagnose the presence of diabetes.



Cholesterol

3 Too much bad cholesterol can lead to hardening of the arteries and increase your risk of heart attack or stroke.



Body Mass Index (BMI)

4 An indicator of risk for developing preventable health diseases.



What's involved?

With a simple finger prick you will know cholesterol and blood sugar numbers. Your blood pressure and body mass index will be also assessed.

By collecting this information you will understand how the inside of you may look. Biometric screening can be a powerful tool to help you make positive lifestyle changes combined with education.

This could be the most important 20 minutes of your life.