

FREE!!!!

WELLNESS HEALTH SCREENING

Wellness screening measures height, weight, body mass index, blood pressure, cholesterol, and glucose level.

Health Screenings

Screenings can help you determine if you're at risk for chronic disease. You can utilize this information to spot any warning signs and get ahead of them.



Body Composition

Body Fat Percentage measured by an electronic device. Associated with risk factors of cardiovascular disease.

Body Mass Index is calculated by your body fat, your height, and your weight.

Waist Circumference can indicate excessive storage of abdominal fat. Associated with risk of diabetes, high cholesterol hypertension, and cardiovascular disease.

Blood Pressure

Blood pressure is the pressure of circulating blood against the walls of blood vessels.

Health Fact: If your blood pressure is high, and the force of the blood flowing through your vessels is too high.

Cholesterol

Cholesterol is a waxy, fat-like substance that's found in all the cells in your body.

Health Fact: Too much cholesterol in your blood can lead to a build-up of plaque, which can lead to a stroke, heart disease, or other health complications.

Glucose

Glucose is the main type of sugar in the blood and is the major source of energy for the body's cells.

Health Fact: High levels of glucose indicate a higher risk of developing diabetes.

All screening participants get a free follow call with a wellness coach.