

KNOW YOUR NUMBERS

WELLNESS SCREENINGS

September 21-23

Keeping track of your numbers for blood pressure, blood sugar, cholesterol, and body mass index (BMI) can provide a glimpse of your health status and risk for certain diseases and conditions.

All it takes is 15 minutes and a finger stick to participate! No fasting is required, and the screening is **FREE and open to ALL Ellis Medicine employees! Spouses are welcome at all 4 locations.**

BELLEVUE WOMAN'S CENTER	CLIFTON PARK MEDICAL CENTER	MCCLELLAN STREET HEALTH CENTER	Ellis Hospital Nott Street
Tuesday, Sept 21 7:00 AM-11:00 AM MVP Rooms 1 & 2	Tuesday, Sept. 21 1:00 PM-4:00 PM Old Ortho Suite	Wednesday, Sept. 22 8:30 AM-3:00 PM Robb Auditorium	Thursday, Sept. 23 7:00 AM-3:30 PM Graham Auditorium

REGISTER: All Registrations Must Be Completed Online by using the link below or the QR Code:

Ensure you have a screening appointment by registering at www.wpvinc.com/ellis-medicine (on-line registration closes EOB day before each screening).



Body Composition Analysis will be completed with a hand-held device utilizing bioelectrical impedance.

QUALIFYING
HEALTHY ME
ACTIVITY



SOCIAL | MIND | SPIRIT



PHYSICAL