

KNOW YOUR NUMBERS

WELLNESS SCREENINGS

March 21st 28th and 30th

This is the only
chance for onsite
KYN in 2023!

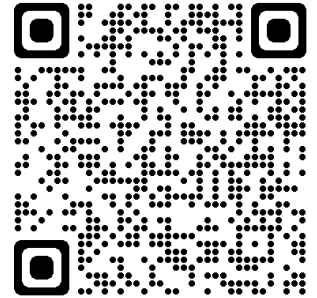
Keeping track of your numbers for blood pressure, blood sugar, cholesterol, and body mass index (BMI) can provide a glimpse of your health status and risk for certain diseases and conditions.

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 3 locations.**

BELLEVUE WOMAN'S CENTER	MCCLELLAN STREET HEALTH CENTER	ELLIS HOSPITAL (NOTT STREET)
Tuesday, March 21 7:00 AM-10:30 AM MVP Room 1	Tuesday, March 28 8:30 AM-3:30 PM Robb Auditorium	Thursday, March 30 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 <https://testclientscheduling.as.me/Ellis> (on-line registration closes EOB day before each screening).



Returning this YEAR! InBody Composition Analysis-Opt in for a comprehensive body composition analysis: learn more than just your body mass index (BMI) and body fat percentage, including lean mass, fat mass, skeletal muscle mass, and distribution of muscle.

RAFFLE PRIZES – All participants will be entered into a raffle to win a Healthy ME Phone Charging Battery Pack and Phone Stand, Instant Pot or Healthy ME swag! 3 employees per screening site!!

QUALIFYING
HEALTHY ME
ACTIVITY



SOCIAL | MIND | SPIRIT



PHYSICAL