



State Employees' Insurance Board,  
Worksite Wellness Program, and YOU.

The Perfect Combination  
for Good Health.

Let's put it all together  
for a healthier you!

Come meet your health coach at your wellness screening.

Date: January 10, 2011      Time: 7:30 a.m. - 4 p.m.

Location: Cullman Wellness and Aquatic Center

Contact: Diane Meyer 256-775-7130

## **What to Expect at a *HealthWatch* Health Screening**

During the Health Screening our Health Coaches will provide the following:

- ✓ A Comprehensive Lipid Profile (triglycerides, good/bad cholesterol check).
- ✓ Glucose check.
- ✓ Body Mass Index (BMI) measurement.
- ✓ Blood Pressure check.

If any of the above results are not within normal range, you **may** be given a “referral” to go to a health care provider of your choice. This referral allows you to go to the provider and have your co-pay waived. Your co-pay is reimbursed by Blue Cross Blue Shield.

Remember to bring your Insurance card with you to the Screening.

Hope to see you there!