

triglycerides

cholesterol

weight

BMI

Know your
Numbers

Good health starts

with good information.

blood pressure

glucose

HDL

waist circumference

2019 Biometric Screenings

All employees plus their spouse/domestic partner are invited to participate!

Screenings include an assessment of: total cholesterol, HDL, LDL, triglycerides, glucose, blood pressure, BMI, waist circumference, body composition and A1c for qualified participants.

You will receive your results immediately and have the opportunity to discuss them with a trained health care professional when you participate in one of our onsite events!

To schedule your appointment, go to
uswellness.com/plano

Screenings will be hosted at various City locations through March and April

Note: By completing a biometric screening, either onsite, at your doctor's office, or with a LabCorp voucher, you will have satisfied 1 of 2 steps to earn your health insurance premium incentive for 2020! This applies to employees/retirees and their spouse/domestic partner who are on the medical plan as of 1/1/2019.



If you have questions about your C4H Wellness Program, contact
Michelle Gifford, michellegi@plano.gov or 972-941-7227