



## Employee Health Screenings

Annual biometric screenings help to keep you informed of what's happening to your body. The most common and serious health conditions affecting people often may go unnoticed. Knowing your numbers and understanding what they mean helps put you in charge of your overall health and wellbeing.

10 minutes is all you need to get a better understanding of your health.

You'll be tested in the following categories:



### Blood Measures

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Total Cholesterol  
HDL  
LDL  
Triglycerides  
Glucose



### Physical Measures

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Blood Pressure  
Height  
Weight  
Body Mass Index (BMI)  
Waist Circumference

For information on registration,  
see the following page →

eHealthScreenings  
A Premise Health® company



# Registering for Your Health Screening



## OFFSITE

1. Log into your Power of Vitality account.
2. Go to [HEALTH PROFILE](#). Choose [Vitality Check](#).
3. Choose [Schedule your Vitality Check](#) with eHealthScreenings under [Quick Links](#).
4. Click on [Click to Select](#) within the [Offsite Screening](#) section.
5. Use the drop down function to choose your desired location, date and time. Click on [Register](#).
6. Acknowledge the [Health Screening Consent](#) by checking the “I agree” box located at the bottom of the consent. Enter first and last name in the [Signature](#) section. Click [Proceed to Confirmation](#) on the right-hand side.
7. You will receive an email containing your lab form, the selected lab location and instructions to complete your screening within one hour.

### REMEMBER!

- You must fast (no food) for 9 hours before your appointment
  - Please drink plenty of water
  - Black coffee is permitted
- Continue to take any prescription medications. If you are diabetic, please consult your physician before fasting.

**Vitality**<sup>®</sup>

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If you'd like to schedule by phone or have any questions, call EHS Customer Service at:

(888) 708-8807, ext. 1 | Monday – Friday 7 a.m. – 6 p.m. CST