

50 POINTS



★ READY SET TEST

BIOMETRIC SCREENING

A biometric screening examines key indicators to determine your current health risks. Your results are meant to raise awareness of underlying conditions so that you can be proactive in improving your health. Results are placed in your Wellness Center and can be reviewed from year-to-year for assessing changes or improvements.

The following measurements are collected during your biometric screening:

- Blood Pressure
- Cholesterol
- Triglycerides
- Blood Glucose
- Weight
- Height
- Waist Measurement

Complete Your Screening

- 1 Visit the UAH Onsite Clinic or complete with your Primary Care Provider by 10/31/2022.
- 2 Click the **Biometric Screening** tile to view results.

\$50 gift card mailed to home upon completion

★ Mandatory

GET WITH THE PROGRAM - FEB. 01, 2022 - OCT. 31, 2022

\$50 WELLNESS INCENTIVE

Complete Health Assessment & Biometric Screening and earn 300 points by October 31, 2022

\$100 WELLNESS INCENTIVE

Complete Health Assessment & Biometric Screening and earn 400 points by October 31, 2022

! Visit the INCENTIVES & REWARDS tile for a complete list of point earning opportunities.



If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward(s) under this program, email Gilsbar at CustomerService@Gilsbar.com, and we will work with you to develop another way to qualify for the reward.

