



# GAUGE YOUR HEALTH

Schedule a biometric screening and flu shot today.

Knowing important health numbers like cholesterol and blood pressure is a valuable starting point on your journey to improved health and well-being.

Get your **free** biometric screening and flu shot this fall at USG. It's convenient and you'll earn well-being credits too.

**Biometric screening earns \$50 and flu shot earns \$10!**

#### How do I sign up?

1. Log into the USG Well-being platform with Virgin Pulse
2. Navigate to the **Programs** page
3. Change your view from **Explore** to **View all** from the top menu bar
4. Find **LabCorp Biometric Screenings** and click **Start Now**

Important details:

- *The screening consists of a fingerstick test for cholesterol (Total, HDL & LDL), triglycerides, glucose, blood pressure, and body composition (body mass index, body fat percentage, and waist circumference).*
- *Fasting 8 hours before your appointment is encouraged. Drink water and take all prescribed medications.*

**Schedule your appointment today!**

## Georgia Highlands College

**Floyd Campus: Oct. 19 10:00am-2:00pm**

**Cartersville Campus: Oct 20th 10:00am-2:00pm**

**Register by 5:00pm September 28th**

*\*Available for benefits enrolled employees only*