

WELLCHECK SCREENINGS

Wednesday, 10/11 8:30am-3:30pm
UVM Osher Center for Integrative Health
184 S. Prospect St.

Our health risk assessment includes a Biometric Screening and InBody Scan. These results provide valuable information on your general health and are useful for effective **GOAL SETTING** and **PROGRESS TRACKING!!**

- ✓ **Biometric Screening:** Blood Pressure, Blood Glucose and Cholesterol. These are excellent markers of health and can be predictors of major health events.
- ✓ **InBody Scan:** Medical grade bioelectrical impedance scale that measures Muscle Mass, Body Fat Percentage, Hydration and Metabolism.



WellChecks are FREE OF CHARGE if you follow up with an EDGE Registered Dietitian!

- ✓ Our RDs offer individualized support to help you develop healthy eating habits customized to your goals.

[Click here to schedule an appointment!](#)