



WELLCHECK SCREENINGS

Wednesday, 11/15 8:00am-3:30pm
UVM Employee Wellness Fair
Davis Center - Maple Ballroom

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!](#)