The EDGE Preventative Care & UVM Employee Wellness are partnering to bring UVM employees a comprehensive Well Check Health Screening Event this fall at UVM!

Get the support and guidance you need to effectively improve your health and wellness through nutrition, exercise, stress management, and creating long-lasting lifestyle changes.

**Here’s How it Works:**

1. **Start with a 15 minute well check on one of the dates below:**
   *appointment openings from 8am-3:30pm for each onsite well check day*
   - Wednesday, August 11th
   - Tuesday, September 14th
   - Wednesday, September 15th

   **Well Check Includes:**
   - Blood Pressure and Resting Heart Rate
   - Cholesterol and Blood Glucose
   - InBody Scan: Body Composition, Hydration and Metabolism

2. **Meet with an EDGE Registered Dietitian to review the results of your Well Check and gain valuable insights about your nutritional recommendations, wellness programming and resources, Health Coaching, nutrition services, and much more.**

★ **Receive a $35 Amazon Gift Card upon completion of the program!**

**Reserve your spot today!** Just complete the attached waiver and book your 2 appointments now by clicking here.

Costs for the Well Check and Nutrition Counseling is covered 100% by BCBSVT insurance through UVM, and much of the wellness programming is covered by UVM Employee Wellness. Should you have a different insurance provider, please email genavix@edgevt.com to pre-verify.