

Attn: Employees - Free Health Assessment!

Coming to you October 10th - November 20th



Good health starts with knowing your numbers

St. Louis County is pleased to announce free employee biometric health assessments for key health measurements including: total cholesterol, HDL, LDL, fasting glucose, triglycerides, height, weight, blood pressure and body fat percent.

2012 Screening Dates and Locations

- Wed, Oct 10th Hibbing Public Works 8:00-11:00**
- Fri, Oct 12th Duluth GSC Building Room 705 8:00-12:00**
- Thur, Oct 18th Pike Lake Public Works Building Conf. 8:00-11:00**
- Thur, Oct 25th Duluth GSC Building Room 705 8:00-12:00**
- Fri, Oct, 26th Duluth Courthouse County Board Room 8:00-12:00**
- Mon, Oct 29th Virginia Northland Building 3rd Floor Conf. 8:00-12:00**
- Mon, Nov 5th Duluth Courthouse County Board Room 8:00-12:00**
- Wed, Nov 14th Virginia Northland Building 3rd Floor Conf. 8:00-12:00**
- Thur, Nov 15th Hibbing Annex 8:00-12:00**
- Tue, Nov 20th Ely Government Services Center 9:00-11:00**

Online health assessment

You'll later have the opportunity to complete an online Health Assessment. It's a confidential questionnaire designed to help you learn more about your health. It is also a requirement for those enrolled in the "Total Wellness" program. Once filled out, you'll immediately receive your personal results page full of ideas for a healthier lifestyle. The Health Assessment is most beneficial for you if you are able to enter your health measurements from a recent screening.

The screenings and Health Assessment is not where this program ends. You can register for St. Louis County's "Total Wellness" program where you'll find many more fun and exciting ways to learn about living a quality life, participate in motivational challenges, and even earn money back. The "Total Wellness" program offers something for everyone. If you have questions about the program, please feel free to call or email Tiffany Carlson at ext 1551 or Kris Lessard at ext 2133 or visit the Wellness page found under the Benefits tab on the St. Louis County intranet home page.

Appointment registration will open Wednesday, September 19th. To set up an appointment for your free screening, please visit the St. Louis County "Wellness" page or link to <http://nt-webster/slcportal/default.aspx?tabid=2013>. For questions please call Kris Lessard at ext. 2133. Note: your numbers are confidential and will not be kept on file with the county.