

Be engaged with your health

Height/Weight

Blood Sugar

Blood Pressure

Cholesterol



Schedule your Biometrics today!

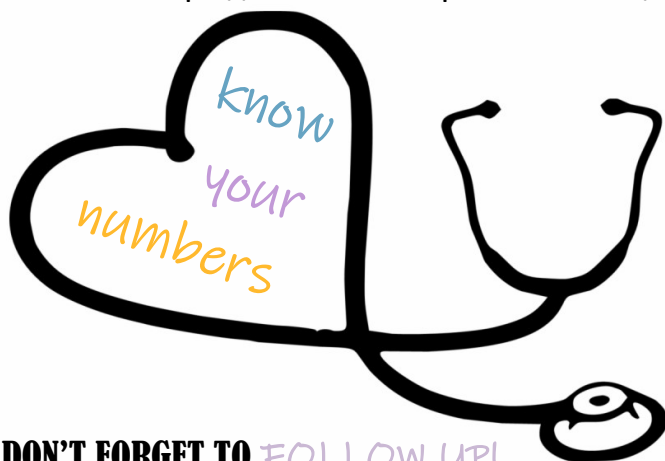
Available year round at your Well@Work clinic.

- Fast for 12 hours prior to your appointment
- Stay hydrated, always, but especially for your screening!
- Wear a short sleeve shirt, or a shirt with loose fitting sleeves

Call 507-379-4841

or

visit <https://www.healthpartners.com/care/appointments/> and enter Biometrics into the



Knowing your numbers can lead to early identification of health conditions such as obesity, high cholesterol, high blood pressure, and diabetes. If you are at risk, seeking treatment sooner can lead to a better outcome.

DON'T FORGET TO FOLLOW UP!

Follow up with a phone or video visit with the Well@Work clinic Nurse Practitioner to discuss healthy lifestyle changes. Schedule your follow up at your biometrics appointment.

The Well@Work Clinic is located in Brookside School at Door C; go through the thermal scanner first. There are **no out of pocket costs** to use the clinic. Employees and dependents, 18 months and older, on the School District's health insurance plan are eligible.