

# WELLCHECK SCREENINGS

**Wednesday 4/17 8:00am-3:00pm**  
**UVM Waterman Building**

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.



Screenings are **FREE OF CHARGE** if you follow up with an  
EDGE Registered Dietitian! (\$100 value!)

With your UVM BCBS Insurance, the Nutrition Counseling  
session is **FULLY COVERED!**

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