Cornell College is partnering with CarePro Worksite Wellness to provide all employees an opportunity to improve their health through our sponsored wellness program.

**All participation is voluntary.** All participants must complete necessary requirements to be eligible for the $25 monthly discount on medical premiums.

Individual information & results are NOT shared with Cornell College. The screener and the coach CANNOT share employee’s protected health information. A notice of privacy practices is available for employees to review.

**What do you have to do?**

1. [Sign up](#) for an appointment.

2. Follow the “**Key Points for an ACCURATE Health Screening**”.

3. Fast (no food or beverage OTHER THAN WATER) for 12 hours.

4. Drink 20-30 oz water the morning of your screening.

5. Show up for your health screening on the days/time CarePro provides screenings.

**What does the health screening include?**

1. **Biometric measurements:**
   - Weight
   - Blood Pressure
   - Waist Circumference
   - BMI

2. **Blood profiles:**
   - Total cholesterol
   - HDLs
   - LDLs
   - Triglycerides
   - Fasting blood glucose

3. **Private consultation on results**

What if I can’t make it on that day? If you’ve had a physical with your physician between January 1, 2016 and April 30, 2016, [you can send in your results](#) to CarePro. You have until April 30, 2016 to submit any results.