

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-April 30, [you can send in your results](#) to CarePro. You have until April 30 to submit any results.