



Don't leave good health to chance. Attend the Know Your Numbers event.

Employees are able to register at any site either online or by phone!

Knowing your numbers may help keep little health issues from growing into big ones.

Your screening services include:

- Body mass index
- Measured height & weight
- Blood pressure
- Cholesterol level
- Glucose (blood sugar) level

Do even more for your health.

- Eat a balanced diet.
- Stay active.
- Stop smoking.

*Health screenings are offered at no additional cost to you as part of your benefit plan.

Date: 10/9/14 Time: 8-11AM
Location: Atchison Middle School
Registration Key: At-107050-4

Date: 10/9/14 Time: 1-5PM
Location: Atchison Elementary School
Registration Key: At-107049-4

Date: 10/10/14 Time: 8-11AM
Location: Atchison High School
Registration Key: At-107051-4

Date: 10/10/14 Time: 1-4PM
Location: Atchison Board of Education
Registration Key: At-107037-4

<https://register.wellness-inc.com>
Enter Registration Key provided above

or Call the Wellness Hotline at:
866.935.5462

