



We are now taking appointments for the annual

Health Assessments

- When:** April 12, 2205 from 8 am - 11am (allow 30 minutes for your assessment)
Where: Multipurpose Room, 2nd Floor, Osborne Bldg
Who: Open to all employees of Allied Resources
What: The product of a Health Assessment is a report on your health, called a Personal Wellness Profile. Your 20+ page profile will be prepared based on your answers to a lifestyle questionnaire, and the results of your laboratory tests and other screenings. The profile and the screening tests are useful in the early screening for disease, identifying areas of concern, and establishing a benchmark in for health and exercise program.

Why Participate?

- It's Free (Phillip's Investment Resources is paying for the service)
- It's Confidential – only you get your results
- Your comprehensive Personal Wellness Profile with your complete laboratory test results are mailed to your home
- It's convenient – it's here at the worksite and it only takes 30 minutes
- It can help you take control of your own health

What are the components of a Health Assessment?

participation in any component is optional

- Lifestyle Questionnaire
- Blood Pressure
- Resting Pulse
- Height & Weight
- Body Fat Measurement (hand-held device)
- Comprehensive Laboratory Blood Test
- PSA Blood Laboratory Blood Test for men over 40
- Osteoporosis Heel Screen test for women
- Urinalysis Laboratory Test
- Refreshments

How to Participate?

Make an appointment by calling Gina Lutz @

(301) 555-4209 ext 102

Testing is provided by an independent contractor, Health One, Inc. of Alexandria, VA.

Health One recommends that you share your laboratory results with your personal physician, especially if there are any abnormalities.