



Know **YOUR** Numbers:

One of the best ways to protect your health is to get screened. This screening will help you become more aware of your risk factors that can lead to future disease and supports you in taking the steps necessary to stay healthy.

What will the screening measure?

Blood pressure, height, weight, waist circumference, total cholesterol, HDL ("good cholesterol"), and glucose.

How long will the screening take?

About 12 minutes.

What do I need to bring with me to the screening?

Just your Cigna ID card. Only employees on the Cigna health insurance plan are eligible for the free screenings.

Will I need to fast before the tests?

No. Eat and drink as you normally do. It will be easier to obtain a blood sample if you have been drinking plenty of water. Also, take all of your prescribed medications as you would normally.

What can I expect during my health screening?

All of your screenings will be performed by health care professionals. Blood samples will be obtained with a simple finger prick. Personal health coaching is also available if you have questions or concerns about your results.

How do I sign up?

Online sign up will be available prior to the screenings. If you do not register in advance, walk-ins will be accommodated on a first come, first served basis.

When will I get my results?

You will have all your results immediately.

Who receives my test results?

Your health screening results are strictly confidential and will not be shared with anyone. Neither Palm Beach County nor Cigna will have access to your personal test results.

With your health screening results, you may complete the online Health Risk Assessment at www.MyCigna.com as a part of Palm Beach County's 2012 wellness initiative, "Assessing Our Health." Your answers to the questionnaire are completely confidential and protected by privacy laws. PBC will only receive statistics about employees as a whole.

If you have any questions, please contact Joanna Matwiejczuk, Wellness Coordinator at jmatwiejczuk@pbcgov.org or 561-233-5451.