



POWER  *Henrico*

# ANNUAL WELLNESS SCREENING

## Starting March 3

**at Multiple General Government and HCPS locations**

Earn your \$100 incentive when you take part in a private and confidential wellness screening with a HCA Virginia Workforce Wellness Nurse including:

Blood Pressure

Blood Glucose

Body Composition

Cholesterol and Lipid Profile



**TO SCHEDULE OR FOR QUESTIONS:**

**[HTTPS://POWER.HENRICO.US/WELLNESS-SCREENINGS/](https://power.henrico.us/wellness-screenings/)**

# WELLNESS SCREENING INSTRUCTIONS



**STEP 1:** Check the calendars and schedule your appointment on Power Henrico at whichever location you prefer.

**STEP 2:** Complete your on-site biometric screening.

NOTE: For optimal results, no food or drink 4 hours prior to your screening appointment (you may drink water, black coffee and take medication). Fasting is not required, but encouraged.

**STEP 3:** Complete your on-line wellness profile. Computers are available at all wellness screening locations and staff present to assist you in this process. Knowledge of your Henrico County email address is necessary for completion on the on-line wellness profile.

<https://power.henrico.us/wellness-screenings/>



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