



Know Your Numbers

Wellness Screenings | April 8, 9 and 25

Keeping track of your numbers for blood pressure, blood sugar, cholesterol, and body mass index (BMI) can provide a glimpse of your health status and risks for certain diseases and conditions.

All it takes is 15 minutes and a finger stick to participate! No fasting is required, and the screening is **FREE and open to ALL Ellis Medicine employees!**

*MVP Building (open to all)	BELLEVUE WOMAN'S CENTER	ELLIS HOSPITAL (NOTT STREET)
Tues., April 8 8:30 AM-1:30 PM 1 st floor lobby Community Rm.	Wed., April 9 7:00 -11:00AM MVP Rooms	Fri., April 25 7:00 AM-3:30 PM Graham Auditorium

REGISTER: All Registrations Must Be Completed Online by using the link below or by scanning the QR Code:
<https://wpvinc.as.me/Ellis>

Online registration closes EOB the day before screening date. ***EXCEPTION** if you are scheduling at MVP and **do not work onsite**, you must register no later than **EOB Thursday April 3** to allow for visitor processing.



Returning this YEAR! InBody Composition Analysis-Opt in for a comprehensive body composition analysis: learn more than just your body mass index (BMI) and body fat percentage, including lean mass, fat mass, skeletal muscle mass, and distribution of muscle.

RAFFLE PRIZES – All participants will be entered into a raffle to win HM swag