



## **Know Your Numbers**

To get started with the online health assessment, employees are encouraged to learn their 4 key health numbers. Your cholesterol, blood pressure, blood sugar and body mass index (BMI) numbers are key indicators of your risk for major chronic illnesses. If it has been over one year since you have received information on your 4 health numbers, we recommend getting current health numbers.

Here are a few ways to get your health numbers:

1. Call your doctor or health care provider to schedule a preventive health check.
2. Call your doctor to authorize lab work.
3. Visit a 9Health Fair (April 2010) or another community health fair that includes a blood draw.

Once you receive your health numbers, the information is used to complete your online health assessment through your city sponsored health care provider.