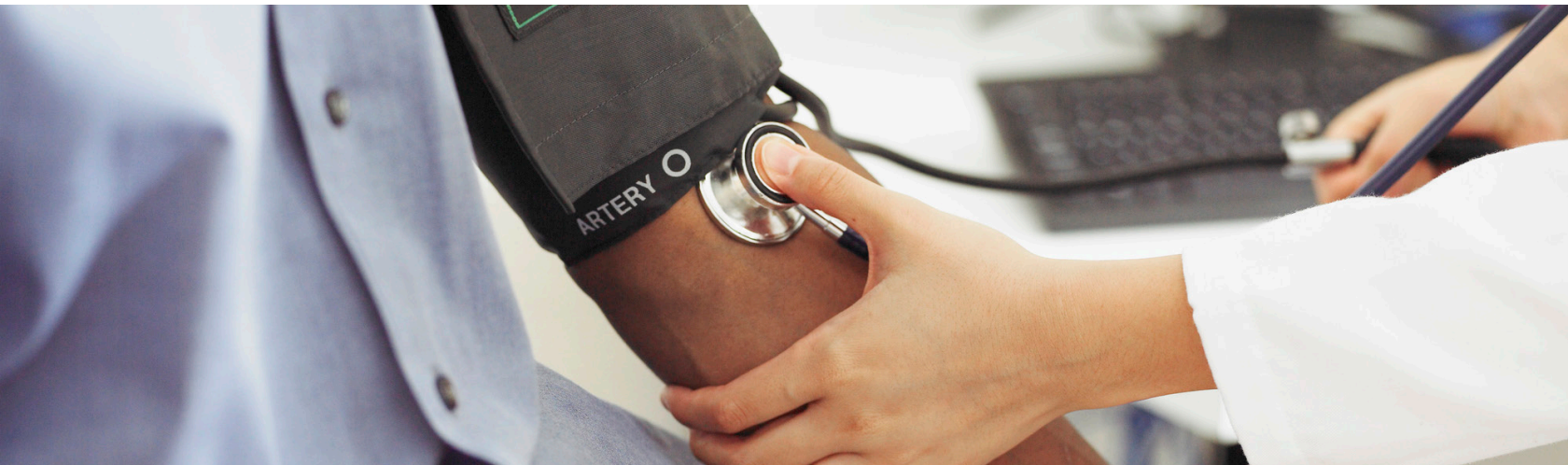


Biometric Screening



Know Your Health

Our biometric screening is a quick blood test that measures your height, weight and blood pressure. A biometric screening helps you better understand your health.

What you will learn in your Biometric Screening:

- How much fat (or cholesterol) is in your blood
- How much sugar (glucose or Hgb A1c) is in your blood
- Your height and weight and a calculation of BMI
- Your blood pressure
- And possibly, your body fat and waist circumference

How to prepare:

Generally, fasting is no longer needed prior to your screening. However, be sure to check the details in your wellness program, as fasting 9 hours prior might be required for blood glucose determination.

What's next?

After your results are ready, schedule a Comprehensive Health Review (CHR) or annual physical to review these with a provider or health coach. Once you decide what steps you would like to take to improve your health, you and your provider will work together to create a plan.



Thanks to Marathon Health's thorough screening, I was diagnosed with hypothyroidism. I finally feel like I'm on the path to relief.

– Danielle,
Marathon Health Patient



To schedule an appointment,
call your health center or visit:
my.marathon-health.com



Marathon
Health™