



GET YOUR BEARINGS WITH A BIOMETRIC HEALTH SCREENING



Complete your **FREE** screening between 7/1/2016 and 11/1/2016 to get a pulse on your health numbers! Screenings are open to all County employees (and their dependents age 18 and over) enrolled in the County Health Plan. *Contact MCWOW for additional screening options if you are unable to attend an onsite screening.

ADMINISTRATION BUILDING

(501 Low Gap Rd.—Ukiah)
Conference Room C

July 21st	7:00-10:00am
Aug 5th	8:00-10:00am
Aug 18th	8:00-10:00am
Sept 1st	7:00-10:00am
Sept 2nd	8:00-10:00am

SOCIAL SERVICES BUILDING

(747 S. State St.—Ukiah)
Big Sur Conference Room

July 20th	8:00-10:00am
Aug 17th	7:00-10:00am
Aug 24th	7:00-10:00am

FORT BRAGG LIBRARY

(499 East Laurel St—Ft. Bragg)
Library Community Room

Aug 4th	7:00-10:00am
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WILLITS WISC BUILDING

(221 S. Lenore Ave—Willits)
Atlantic Conference Room

Aug 16th	7:00-10:00am
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PUBLIC HEALTH BUILDING

(1120 S. Dora St.—Ukiah)
Conference Room 1

July 19th	8:00-10:00am
August 25th	7:00-10:00am

DOT YARD CREW ONLY

(340 Lake Mendocino Dr.—Ukiah)
Yard Trailer

Sept 22nd	7:00-9:00am
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SHERIFF'S OFFICE STAFF ONLY

(951 Low Gap Rd.—Ukiah)
Donovan Room

Aug 3rd	7:00-9:00am
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Once your Biometric Health Screening is completed, you can use your results to complete the online Health Assessment. You must complete BOTH the screening and the Health Assessment by 11/1/2016 to qualify for the incentive program, and to earn up to \$150 off your 2017 Health Plan premiums (to be pro-rated over 13 pay periods for the period of January-June 2017).



YOUR FREE 20 MINUTE BIOMETRIC HEALTH SCREENING INCLUDES:

- **Complete Fasting Cholesterol Panel** (Total Cholesterol, HDL, LDL, Triglycerides and Glucose)
- **Body Composition, Including Weight, Height and BMI** (Body Mass Index)
- **Blood Pressure**
- **Confidential Results Review**



**TO SCHEDULE YOUR
APPOINTMENT, CALL
MCWOW AT 234-6610**