



# ELMBROOK SCHOOLS 2022 HEALTH RISK ASSESSMENT (HRA EVENT)



## Schedule

### Day of Week:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## HILLSIDE SCHOOL

### Dates:

10/10/2022 & 10/17/2022

10/11/2022 & 10/18/2022

10/12/2022 & 10/19/2022

10/13/2022 & 10/20/2022

10/14/2022 & 10/21/2022

10/15/2022 & 10/22/2022

### Time:

6:00 AM 9:00 AM

5:00 AM 10:00 AM

6:00 AM 9:00 AM

5:00 AM 10:00 AM

6:00 AM 9:00 AM

6:00 AM 10:00 AM

### Get ready for a healthy lifestyle!

In order to earn your incentive, you must first complete a Health Risk Assessment (HRA) that includes:

- Health and Wellness Questionnaire
- Height, Weight, Blood Pressure
- Blood Test (Cholesterol, Triglycerides & Blood Sugar)

### Helpful hints for your HRA

- Drink lots of water, and don't drink other beverages.
- For the most accurate results, don't eat 8 hours prior to your HRA
- Take all of your normal medication.
- Remember: Your information will remain confidential and will only be available to you and the Clinician.

Please sign up between 9/12/2022 – 10/22/2022



ELMBROOK SCHOOLS  
Family Wellness Center

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HEALTH™