

Request a Health Screening Event

Health Screenings consist of a short health assessment that determines the risk level for certain diseases and medical conditions and helps you know your numbers. Biometric screenings can be done on-site and include health stats such as blood pressure, waist circumference, waist to hip ratio, and body composition analysis (results given immediately) along with blood measures (results given within 5-7 days). **Requests should be submitted 3-6 weeks prior to the desired event date.**



What to do

- Secure approval from principal or site supervisor.
- Reserve an appropriate room.
- Submit your request.

Who is Eligible?

Health Screenings are free to benefit-eligible employees and dependents over the age of 18 covered by the CUSD health plan.

Promotion and Registration

Central to Your Health will provide you with an electronic flyer to promote your event at your worksite and will facilitate the registration process. A \$25.00 CVS Gift Card will be awarded to all eligible members that complete a Bio-Metric Health Screening.

Request Form

Name: _____

Phone Number: _____

Email: _____

Site Location: _____

Requested Dates:

First Desired: _____

Second Desired: _____

Third Desired: _____

Requested Times:

First Desired: _____

Second Desired: _____

Third Desired: _____

*For any questions or additional information, please email wellness@pinnacletrainingsystems.com or call 559-515-3578.



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