



**Earn 10  
Credits!\***

**Know your  
numbers...  
know your risk**

# FREE HEALTH SCREENING

## Two Ways To Schedule An Appointment

1. [www.KansasHealthQuest.com](http://www.KansasHealthQuest.com)

2. 1-888-275-1205 (option 5)

or TTY 1-888-277-1543

Free screenings are offered to employees and eligible retirees/spouses/dependents. Blood lipids and glucose testing is conducted using a simple fingerstick.

Results you will receive include:

- Total Cholesterol, HDL, LDL & Total Cholesterol to HDL Ratio
- Triglycerides & Glucose
- Blood Pressure
- Height, Weight and Body Mass Index (BMI)
- Waist Circumference

**DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_

**LOCATION:** \_\_\_\_\_

Appointments are required to attend. Members of the State Employee Health Plan (18 and older) may participate in one event from October 2011 – July 2012.

For the most accurate results, plan to fast for a minimum of 9 hours prior to your appointment (please drink water).

\*Use your results to complete an online health assessment by July 31 & earn 10 credits for the HealthQuest Rewards Program!

More info at: [www.kdheks.gov/hcf/healthquest/screening.html](http://www.kdheks.gov/hcf/healthquest/screening.html)

