

# RSD District Wellness Committee Event

## November 2, 2007

Our next Wellness Event for all employees will be held Friday, November 2<sup>nd</sup>. We are again planning a breakfast, with the opportunity to obtain a free blood screening to determine cholesterol (full lipid panel) and blood glucose levels and a free Personal Wellness Profile. Also, we plan to administer flu vaccines if they are available. The extremely confidential wellness profile is being used in schools across the country and has the endorsement of all the unions. The profile assesses your successes and risk factors in ten key areas. After completing the assessment, you will receive your own Wellness Profile mailed directly to your home. On the basis of your own profile you can decide where you might want to work to improve your own risk factors which will ultimately improve your health. For those who participated in 2005, this will be a comparison of your previous results.

In addition, the Wellness Committee will receive an aggregate report of the results. This report will of course include no names. The report will be invaluable in planning programs for you that will help improve the risk areas that are prevalent in our district.

### Join the crowd!

If you plan to have the blood screening, you must complete the form below to give us an accurate count. **You need to fast from midnight the night before.**

**November 2, 2007  
High School Cafeteria**

**6:45 AM – 8:00 AM – Blood Draws and Blood Pressure Screenings and Flu Shots (if available)  
Healthy Choices Breakfast and Wellness Profiles**

**7:30 AM – 8:00 AM – Wellness Kick-off Announcements by Lynn Black and Eileen Ranalli  
and our Highmark Representatives**

You will receive your wellness profile results at home within 2-3 weeks. If you are not a Highmark Insurance carrier, you may still have blood screening and complete the Wellness Profile for a charge of \$20.00.

The blood pressure screening and breakfast are for everyone, even if you choose not to participate in the blood screening and wellness profile. So, be sure to join the crowd! See you there on November 2<sup>nd</sup> – early morning!

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### Wellness Profile Screening

Name \_\_\_\_\_ Building \_\_\_\_\_

\_\_\_\_\_ I would like to have a blood screening profile on November 2<sup>nd</sup>. **I understand that I am to fast from midnight the night before.** I have Highmark Insurance.

\_\_\_\_\_ I would like to have a blood screening profile on November 2<sup>nd</sup>. **I understand that I am to fast from midnight the night before.** I do not have Highmark Insurance and will pay the \$20.00 for this service.

**PLEASE RETURN THE BOTTOM PORTION TO THE NURSE IN YOUR BUILDING.**

**Any questions, call Eileen Ranalli, Wellness Chair, x1017.**