

# Ozaukee County Health and Wellness Program

2016

## Biometric Screening: January 8, 2016 - March 31, 2016

Completing a biometric screening at the Oz Health Employee Health and Wellness Clinic by **March 31, 2016** will make you eligible to receive the cash incentive. Please find the location and hours of the onsite clinic listed below. In addition, instructions are provided for how to schedule and complete your biometric screening.

**As a reminder: Both health plan employees and spouses (if applicable) will need to complete a biometric screening in order to receive the cash incentive.**

<b>Address:</b> Oz Health Employee Health and Wellness Clinic 1329 West Grand Avenue, Suite #4 Port Washington, WI 53074	<b>Hours:</b> Monday-Friday 8:00am-5:00pm CST <b>Phone Number:</b> 262-536-4344
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### Follow the listed instructions to complete your wellness exam

- ⇒ Please sign up for your biometric screening through the Oz Health Employee Health and Wellness Clinic at **262-536-4344 Monday-Friday, 8:00am-5:00pm CST. Or, you may stop in to schedule your appointment in person during their designated hours. Make sure to indicate you need to complete your biometrics for the Wellness Program.**
- ⇒ Biometric screening appointments will take approximately **10-15 minutes**.
- ⇒ Testing includes height, weight, blood pressure, and finger stick to test for glucose and cholesterol levels.
- ⇒ **You must be fasting for the finger stick. Do not eat or drink for 12 hours prior to your scheduled screening time.** Note: You may drink water and/or black decaf coffee prior to your testing. **Consuming a lot of water is strongly encouraged!**
- ⇒ Take any medications as prescribed the day of your testing.
- ⇒ **The deadline to complete your biometric screening is March 31, 2016.**
- ⇒ **As a reminder: Biometric screening is also offered to retirees of the county and their spouses.**

