

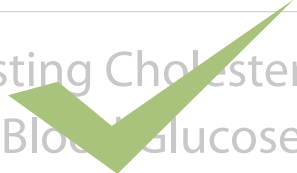





<h2>Full Screening</h2> <p>Please attend one of our many biometric screenings!</p>	<h2>Partial Screening</h2> <p>So close—we'll see you at a biometric screening!</p>	<h2>Lab Voucher</h2> <p>You're almost done - we'll see you at a biometric screening or lab location!</p>	<h2>You're Golden!</h2> <p>No Action Required!</p>
<h3>Blood Pressure Reading</h3>	<h3>Blood Pressure Reading</h3>	 <h3>Blood Pressure Reading</h3>	 <h3>Blood Pressure Reading</h3>
<h3>Fasting Cholesterol/ Blood Glucose</h3>	 <h3>Fasting Cholesterol/ Blood Glucose</h3>	<h3>Fasting Cholesterol/ Blood Glucose</h3>	 <h3>Fasting Cholesterol/ Blood Glucose</h3>
<h3>Record Height and Weight</h3>	<h3>Record Height and Weight</h3>	 <h3>Record Height and Weight</h3>	 <h3>Record Height and Weight</h3>
<p>Please refrain from eating or drinking anything but water, black coffee, or tea for eight to ten hours prior to the screening.</p>	<p>Since you do not need to have your blood work taken, you will not need to fast.</p>	<p>Please refrain from eating or drinking anything but water, black coffee, or tea for eight to ten hours prior to your lab test.</p>	<p>Beacon Health has all your required biometric measures.</p>

IMPORTANT: A calendar of screenings is attached in the email. If your primary care provider (PCP) has already taken these measures in 2017 or you're scheduled to get them, you can bypass the screening by downloading the 2018 EMHS Biometric Provider Form located on Beacon Health's website,

www.beaconhealth.me, and have your provider fill it out. Please scan the form to beaconwellness@emhs.org or fax the form to Beacon Health at 989-1096. Your form must be submitted **before December 31, 2017.**