



Know your numbers... for your good health

Wellness screenings begin March 1 – schedule today

Free wellness screenings for City of Carmel full-time employees (only) will take place at three locations (City Hall, Water Distribution and Water Plant 1) on select dates from March 1 – 16. While not required, completing a wellness screening enables you to be proactive in addressing any health issues so you can live a better life and save on your health premiums.

The screening includes a fasting finger stick. Learn important details about your:

- Blood pressure
- Height and weight
- Body mass index (BMI)
- Waist circumference
- Cholesterol (total, HDL, LDL and triglycerides)
- Fasting blood glucose
- Hemoglobin A1C

Please do not eat or drink anything for at least 12 hours before your screening appointment. For the most accurate lab results, you must fast. Please bring a photo ID to your screening appointment.

Visit virginpulse.com with questions about incentives. With questions about the screening, call 317.688.5415. To schedule a screening appointment, visit Carmel.in.gov > **Departments & Services > Human Resources > Employee > Wellness Program**, then click on “**Book Now.**”

Screening Schedule: March 1 – 16

City Hall (Caucus Room) One Civic Square | Carmel

March 1: 7 am – 1 pm

March 2: 1 – 7 pm

March 6: 9 am – 3 pm

March 7: 7 am – 1 pm

Water Distribution (Second Floor Training Room) 3450 W. 131st St. | Carmel

March 8: 7 am – 1 pm

March 9: 7 am – 1 pm

Water Plant 1 (Main Entrance) 4915 E. 106th St. | Carmel

March 15: 7 am – 1 pm

March 16: 7 am – 1 pm



Indiana University Health