

**Blood Sugar = Under
100 mg/DL Fasting**

ACT's 3rd Annual Associate Health Fair Lunch and Learn

120/70 bp

Location: Maintenance Facility
When: June 14, 2011
Time: 11:00 a.m. to 2:00 p.m.

With today's rising cost in healthcare and health insurance it's more important than ever to be informed and make healthy choices where possible. With this in mind ACT is once again hosting a "Know Your Numbers" Health Fair provided through MyUHC and NKC Hospital.

What Numbers?

- Blood Pressure
- BMI
- Cholesterol (*fasting or non-fasting finger stick*)
- Glucose (*fasting or non-fasting finger stick*)

Total Cholesterol < 200 mg/DL
19 - 26 bmi

UHC Member ACT Associates & Drivers, United Health Care is sponsoring your "Know Your Numbers" screening. These screenings will be provided at NO cost to all UHC member associates and drivers. *Once again, you will have the opportunity to receive a \$75 gift card of your choosing for entering your numbers at the myUHC website.*

Non-UHC Member ACT Associates & Drivers, NKC Hospital will be providing free BP & BMI screenings at NO cost to our non-UHC associates and Cholesterol screens are available for \$20 and may be deducted from drivers' settlements.

In addition to the screenings listed above we will also have the following stations set up for learning and fun:

- Stress Management Techniques
- Portion Control Demo
- Healthy Body through Massage
- Smoking Cessation Info
- Games

**Receive a ticket from each station for participation.
Tickets are placed in drawing of your choice for prizes!**

Healthy Lunch Menu:

- Grilled Chicken Tenders
- Grilled Ham Steaks
- Mixed Garden Salad
- Fresh Fruit
- Pasta Salad
- Strawberry Shortcake