

Know Your Numbers

SCREENING ADDS UP TO BETTER HEALTH

Understanding key indicators, such as cholesterol and blood pressure, is an important part of wellness.

ENCOMPASS Employee Assistance and Work/Life Program can help with:

- Articles and tip sheets on health and fitness
- Body Mass Index (BMI) calculator
- Video on how to measure blood pressure
- FAQs on cholesterol testing

TOLL-FREE: **800-788-8630**

WEBSITE:

www.encompass.us.com

Available anytime, any day, ENCOMPASS is a free, confidential program to help you balance your work, family, and personal life.

