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Help your employees solve their health puzzle with Biometrics Screenings [1]

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According to the Centers for Disease Control and Prevention (CDC) [3], “chronic illnesses such as heart disease, cancer, diabetes, stroke, and chronic lung disease account for 70 percent of deaths and 75 percent of health care costs.” Luckily, if the signs of an oncoming chronic illness are caught before it arrives, a lifetime of poor health can be avoided – and that’s where biometric screenings [4] come in.

Biometric Screenings, hosted by CU Health Plan, will be held across all CU campuses, beginning **Feb. 20**. A screening can help participants get the full view of their health by measuring certain physical characteristics to better understand the health effects of one's everyday lifestyle and indicate if there is something they may need to change.

CU Health Plan members and covered spouses with a plan ID card receive a full lipid panel, blood glucose testing and body composition measurements for no out-of-pocket costs. Additional tests [5] are available for purchase at the screening.

As if good health isn't good enough, all participants who attend their screening are entered into a raffle to win a free Ninja Chef High-Speed Blender [6].

Encourage employees to register for a screening [7] on your campus to help gather the pieces of their health puzzle.

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[1] https://www.cu.edu/blog/hcm-community/help-your-employees-solve-their-health-puzzle-biometrics-screenings [2] https://www.cu.edu/blog/hcm-community/author/9230
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