



# GET READY FOR YOUR HEALTH ASSESSMENT

## KNOW YOUR NUMBERS

During the health assessment, you'll be asked information to help create a personalized plan. Use this worksheet to gather your information ahead of time. The more information you have, the more accurate your results will be.

YOUR NUMBER	MEASUREMENT
	Height
	Weight
	Waist circumference
	Total cholesterol
	HDL cholesterol
	LDL cholesterol
	Triglycerides
	Blood glucose
	A1C
	Systolic blood pressure (top number)
	Diastolic blood pressure (bottom number)

## GET \$5 OFF COPAYS

Complete your health assessment and agree to a coaching call, and you and covered dependents will get \$5 off office visit copays in 2020.

## GET STARTED

Take your health assessment at  
[join.virginpulse.com](https://join.virginpulse.com).