



Biometric Screening



Know your health in just five minutes

Our **Biometric Screening** is a quick finger stick blood test and measure of your height, weight, Body Mass Index (BMI), and blood pressure. The Biometric Screening helps you better understand your health.

What you will learn in your biometric screening:

- How much fat (or cholesterol) is in your blood
- How much sugar (or glucose) is in your blood
- Your height and weight, and a calculation of BMI
- Your blood pressure
- Your body fat and waist circumference

How to prepare:

Prior to the screening, you will need to fast for nine hours – nothing by mouth except for water or black coffee.

What's next?

The results of the Biometric Screening are available in just five minutes. After your screening, schedule a **Comprehensive Health Review** at your health center. We're here to discuss your results with you and talk next steps in creating health.

“My biometric screening showed my cholesterol was becoming an issue. With my family's history of heart disease and high cholesterol, I knew I needed to make a change now.”

– Amy

To schedule an appointment, please visit my.marathon-health.com or call your health center.

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