

Questions?



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www.DelhiHospital.com/HolidayChallenge/



WEEK 3 Mini Challenge



Wellness Screenings



DELHI HOSPITAL & CLINICS

Maintain, Don't Gain

Holiday Challenge

We are **THRILLED** to be able to offer Wellness Screenings this year! This provides a snap shot of your physical health.

We start by measuring your

- Height
- Weight
- Blood Pressure &
- BMI

Then a finger stick obtains a small sample of blood & measures

- Cholesterol Levels
- Triglycerides &
- Glucose Level

These results are interpreted with person-to-person counseling.

Complete your Employee Wellness Screening
be entered in to win the
WEEKLY MINI CHALLENGE GIVEAWAY!

Wellness Screenings

Your Name: _____

Please check one of the following boxes below.

I HAVE COMPLETED MY EMPLOYEE WELLNESS SCREENING!

Thank you so much! You are taking active strides to assess, maintain & improve your physical health. That is AWESOME!

Virtual Option
 I AM UNABLE TO ATTEND THE SCREENINGS, BUT COMPLETED THE WELLNESS QUIZ BELOW!

