



# 2025 Biometric Screenings

Take 20 minutes for  
your health!

## Health Screening Requirements

- Please fast eight to ten hours before your screening, with the exception of water and black coffee.
- Continue taking your medications, except for diabetes medications.
- Drink plenty of water.

# Earn \$200 toward your HRA!

**For questions or more information, call:**

Edie Sclafini: 504-570-1205

Becky Klein: 985-348-6326

### Harahan

5307 Corporate Mtg Rm  
Weekdays: 6:00 - 9:00 am  
Saturdays: 7:00 - 10am

- Tuesday, January 7
- Thursday, January 9
- Friday, January 10
- Saturday, January 11
- Wednesday, February 5
- Thursday, February 6
- Friday, February 7
- Friday, March 14
- Saturday, March 15
- Friday, March 28
- Tuesday, April 1
- Wednesday, April 2
- Friday, April 4
- Saturday, April 5
- Friday, April 11
- Saturday, April 12
- Friday, April 25
- Saturday, April 26

### Hammond

West Mezzanine  
6:00 am - 9:00 am

- Wednesday, January 8
- Tuesday, January 21
- Wednesday, February 19
- Wednesday, March 12
- Wednesday, April 2
- Wednesday, April 23



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Wednesday, April 23

#### Baltimore

8:00 am - 12:00 pm  
Registration: [intralox.uswellness.com](http://intralox.uswellness.com)

#### **AP100 (Training Room)**

Thursday, February 6

#### **Ridge Road (Training Room)**

Thursday, February 20  
Thursday, March 13  
Thursday, April 3

#### **Sparrows Point (Training Room)**

Wednesday, February 12  
Wednesday, March 19



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Edie Sclafini: 504-570-1205

Becky Klein: 985-348-6326



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Registration required.  
Scan the QR code to  
sign up!