

# KNOW YOUR NUMBERS

**Level Up**  
Elevate your total wellbeing.

OHRM Office of Human Resources Management



## YOU NEED TO KNOW YOUR NUMBERS.

Get on the path to good health! Participate in Level Up's 2020 **Know Your Numbers** campaign and get your **free biometric screening** at one of the [scheduled events](#) throughout the County in February and March. This screening is available at no cost to you, as a County employee.

The goal of this campaign is to help you understand your current health status and motivate you to make and sustain good choices. Your overall health matters to us!

## WHAT IS A BIOMETRIC SCREENING? IT'S EASY & FREE.

A biometric screening is a confidential, quick health exam that provides you with a valuable snapshot of your health and well-being—including your risk for certain diseases and conditions, including heart disease, diabetes, obesity, and more.

**This private screening takes less than 15 minutes and includes:**

- Height and weight measurements to calculate Body Mass Index (BMI)
- Blood pressure test
- Blood sugar test
- Cholesterol test
- Results review with Health Coach

**Your results are confidential.** Your personal health information from this screening will only be made available to you.

## KNOW BEFORE YOU GO...

Curious about the screening? Here are a few FAQs to help you out:

- **Do I need to schedule an appointment?**  
Yes, you can easily schedule an appointment online by visiting [hsscreeingreg.com](https://hsscreeingreg.com) (login: **pgcg** and password: **healthy**). Registration is simple—follow the prompts to create a new customer account. Then, create a new appointment and select the time and location that is convenient for you. You will receive an email confirmation of your appointment (be sure to check your junk folder).
- **Do I need to fast (or not eat) for hours before the screening?**  
No, this is a non-fasting screening—continue to eat as normal.
- **I have additional questions...**  
Contact [LevelUp@co.pg.md.us](mailto:LevelUp@co.pg.md.us) or see your department's Wellness Champion.

## YOUR FIRST NUMBER: \$25

Time is money—and your time is valuable. That's why the first 1,000 employees to get a screening at one of the free biometric screening events will receive a \$25 gift card to one of four major retailers.

**Need more motivation?** We've got some for you. Raffles will take place at each location for great prizes—smart watches, smoothie blenders, and more!

**The first 1,000 employees  
receive a \$25 gift card!**

Office of Human Resources Management  
Level Up – Employee Wellness Program  
1400 McCormick Drive, Suite 245  
Largo, MD 20774  
[LevelUp@co.pg.md.us](mailto:LevelUp@co.pg.md.us)

