

KNOW YOUR NUMBERS (KYN)

--START 2013 ON A PATH TO A HEALTHIER YOU--

***Get a free Biometric Health Screening at these locations!**
Health Screenings - Blood Pressure, TC/HDL Ratio, HDL, Glucose &, BMI.

<u>DATE</u>	<u>LOCATION & TIME</u>	<u>DATE</u>	<u>LOCATION & TIME</u>
3/5/13	Water & Sewer - 10 AM to 2 PM, 3071 SW 38th Ave Room # 156A	3/12/13	Aviation 10 AM to 2 PM Miami Intl Airport Conc. D Auditorium-4th Floor
3/6/13	Overtown Transit Village 10 AM to 2PM 701 NW 1st Ave 1st Floor Training Room	3/15/13	Police HQ - 10 AM to 2 PM 9105 NW 25 St, Cafetorium
3/7/13	SPCC - 10 AM to 3PM 111 NW 1st Street, 18 FL #18-4,	3/20/13	RDPCC - ITD 10 AM-2 PM 5680 SW 87 Ave, 2nd Floor Break Room
3/11/13	MLK – 10:30 AM to 2:30 PM 2525 NW 62 nd St., 2 nd Floor Conf Room	3/21/13	Permitting & Inspection Ctr -7:30 AM to 11:30AM 11805 SW 26th St. Conf Room I/J

Awareness of your current health status is the primary goal of the “Know Your Numbers” (KYN) initiative. By participating, you receive your baseline numbers (blood pressure, glucose, cholesterol, etc.) at the initial biometric screening in March, and learn various steps and tips on how to live a healthier lifestyle. The final screening in October will provide the opportunity to measure any progress and improvements achieved.

Obtain your “**Know Your Numbers Tracker Card**” at the initial health screening. Bring it to each KYN event you attend and have it stamped. Participate in at least three (3) KNY events during the year (March and October screenings, plus 1 educational seminar/activity). Return the completed tracker card to the AvMed Representatives to confirm your participation. The completed Tracker Card will serve as your entry ticket for the Grand Prize Drawings to be held in October.

After participating in one of the above KYN events, go to www.avmed.org/mdpht to complete your Personal Health Assessment before March 31. When you complete the online health assessment you will be automatically entered in a drawing to win an iPad.

