



## **“Know your Numbers for 2K12”**

This year we would like to invite the Miami-Dade County (MDC) sites to participate in the “Know your Numbers” Wellness initiative. Knowledge is power and through this program AvMed will be providing employees with the opportunity to know their individual health status through a series of health screenings.

### **How the Program Works:**

In order to participate in the Know your Numbers program MDC Employees will agree to participate in the *Spring* and *Fall* health screenings as well as attend one additional onsite health seminar/ activity hosted by AvMed and MDC. Employees participating in the screenings and health related activity will be entered into drawings for prizes upon completion of the Fall Health Screening.

The mission of this program is to bring awareness to MDC employees of their current health status at the initial spring screenings. In doing so, employees will become healthier. The fall screening will provide employees the opportunity to measure any progress and improvements achieved.

Participation will be tracked by using the Know your Numbers Tracker card which will be made available to all employees at the initial health screening. This tracker will be stamped by AvMed Representatives during the scheduled health events and is to be kept by the participating individual. The Tracker card will serve as each employee’s ticket to be turned in for the Prize Drawings upon completion of the Fall Screening.

Screenings offered: Blood Pressure, Total Cholesterol, HDL, Ratio, Glucose, and BMI.

