



## **Register Now for Your PHMP Biometric Screening!**

The onsite biometric screening events for the PHMP program are being held at Buchheit Enterprises! As a PHMP member, you can now schedule your PHMP biometric screening. Simply visit or click on the link below to register.

### **What should I know about a biometric screening?**

Biometric screenings are short health exams that provide information about your potential risk for certain diseases and medical conditions. Knowing the numbers of your biometric screening is the first step to healthy living, as they help you understand where you can take action to improve your health.

The PHMP Biometric screenings will be offered at Buchheit Enterprises and will take the following measurements:

- Height
- Weight
- Blood pressure
- Your body mass index (BMI) will be calculated from your height and weight measurements
- A **NON-FASTING** fingerstick will be used to test:
  - Your total cholesterol
  - HDL (High-density lipoprotein) cholesterol—also known as the “good cholesterol”
  - LDL (Low-density lipoprotein) cholesterol – also known as the “bad cholesterol”
  - Triglycerides
  - Cholesterol ratios to better determine risk
  - Blood glucose

### **When are the screenings?**

- Buchheit of Herculaneum – Wednesday, October 9, 2019 – 7am to 12pm
  - 200 Riverview, Herculaneum, MO
- Buchheit of Perryville – Thursday, October 10, 2019 – 7am to 12pm
  - 1011 S. Perryville Blvd, Perryville, MO
- Buchheit Corporate – Friday, October 11, 2019 – 7am to 12pm
  - 33 PCR 540, Perryville, MO
- Buchheit Logistics – Saturday, October 12, 2019 – 7am to 12pm
  - 600 Daugherty, Scott City, MO

To schedule your appointment please visit:

<https://phmp.onsitehd.com/signup/buchheit>

***When registering, you will be asked for an Employee ID – this is your PHMP Member ID.  
If you do not have your PHMP ID, please call the Coaches at 855-498-4643.***

***Important Note*** – you will receive a PHMP benefit credit for the month of October if you participate in the onsite screening. By calling the PHMP Health Coaches in November, you can review your screening results and receive a PHMP benefit credit for November. As always, if you have questions, please contact the PHMP health coaches at 855-498-4643.

*If you are unable to attend the screening but would like to participate, please contact Petrina Jannin at [Petrina.jannin@buchheits.com](mailto:Petrina.jannin@buchheits.com).*