

Hamilton County Human Resources is excited to introduce you to your **brand new** connection to workplace wellness!



Hamilton County has partnered with TriHealth Corporate Health to provide **ALL** employees (and your spouses who are enrolled in the medical plan) with a **FREE health risk assessment and onsite biometric screening**.

The Screenings begin April 8 and will be held at many County locations this Spring! **Sign-up early for the best availability!** The schedule of on-site screenings can be found [here](#).

2 easy steps to EMPOWER a healthier you!

1. [Complete the online health risk assessment.](#)
2. [Schedule your onsite screening.](#)

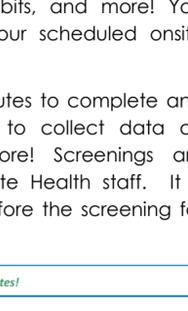
By completing your health risk assessment (HRA) **before** your scheduled onsite screening, you'll receive more complete health information AND a free gift!

You walk away from the screening with an update on your health numbers, helpful feedback on what you're doing well, what you can improve, and a free gift!

It's Completely Confidential!

Hamilton County will never see or know your individual results.

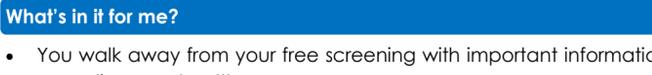
Hamilton County only receives an aggregate report that will help us develop meaningful wellness programs that will have the greatest impact.



What is this?

- **The HRA** is a confidential online questionnaire. It asks you about exercise, nutrition, stress level, tobacco habits, and more! You should complete the HRA online before your scheduled onsite screening. [Complete it now.](#)
- **The on-site screening** will take about 20 minutes to complete and includes: blood pressure, BMI, finger stick to collect data on cholesterol, glucose, triglycerides and more! Screenings are administered by qualified TriHealth Corporate Health staff. It is recommended that you fast for 12 hours before the screening for best results. [Schedule yours now.](#)

What to expect at your Wellness Screening ~ It only takes 20 minutes!



Who can participate?

- All County employees.
- Plus! Your spouse is also eligible if he or she is enrolled in a Hamilton County medical insurance plan.

What's in it for me?

- You walk away from your free screening with important information regarding your health.
- Your participation will help us build our wellness program into the future, so we can have the greatest impact.
- And, there's a free gift — just for completing your HRA and onsite screening.

When should I get started?

- **Now!** Go ahead, complete your [HRA online](#) now!
- [Schedule your onsite screening](#) at a time and location convenient for you. The screenings are held at many locations through early June! Don't miss out!

We are online! Check us out!

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Questions? email us at benefits@hamilton-co.org