



It's Time to Empower a Healthy You, with Hamilton County's workplace wellness program!

The new On-Site Health Screenings begin TOMORROW morning in the County Administration Building.

**Spaces are filling up fast!**  
**Login now to secure your time slot!**

All you need to do is:

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 will walk away from the screening with an update on your health numbers, helpful feedback on what you're doing well, and what you can improve.

The HRA and the screenings are **Completely Confidential** and are performed by TriHealth Corporate Health Staff. Hamilton County will never know your individual results.

Check us out online to learn more:

[www.hamiltoncountyohio.gov/hr/wellness.asp](http://www.hamiltoncountyohio.gov/hr/wellness.asp)

We are on Facebook!

<https://www.facebook.com/HamiltonCountyWorkplaceWellness>

Questions? email us at [benefits@hamilton-co.org](mailto:benefits@hamilton-co.org)