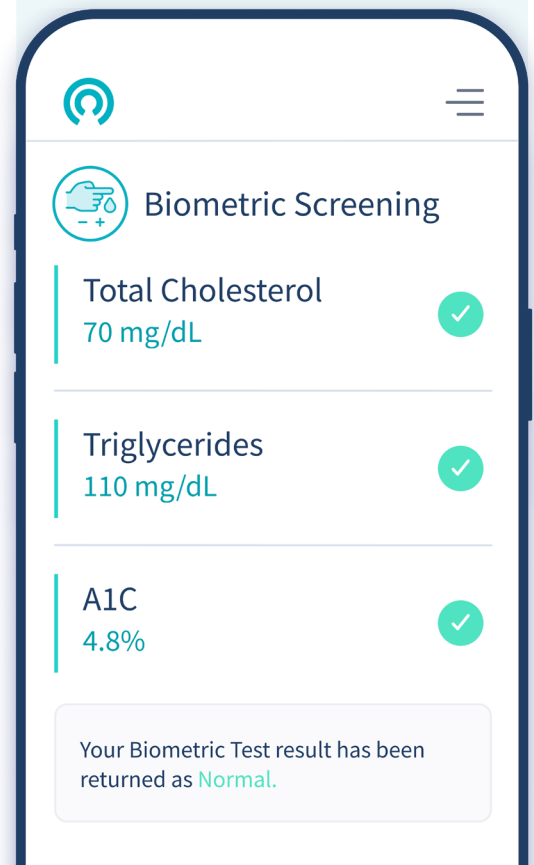# Take Control of Your Health!

Complete your biometric screening from the comfort of your home with this easy-to-use health test.

YMCA Employee Benefits has partnered with LetsGetChecked to provide this at-home biometric screening test at no cost to you. There's no need to visit a clinic or make an appointment. Simply collect and send your sample to the lab, then get your physician-reviewed results to help make informed decisions about your health.

Give us a call at **1-800-294-7151** with any questions or if you want a helping hand to walk you through the process. Please review your test results with your primary care provider (PCP).

Tip: This is a fasting test. Avoid any food or drink (other than water) for at least 8 hours before collecting your sample.*

Biometric Screening

Total Cholesterol
70 mg/dL ✓

Triglycerides
110 mg/dL ✓

A1C
4.8% ✓

Your Biometric Test result has been returned as Normal.

Step 1:

Activate your test – using your personal alpha & numeric codes in the box.

Step 2:

Collect your sample in the morning before eating or drinking (other than water).

Step 3:

Return your sample to our labs – using the prepaid envelope.

Use Rally to access your LetsGetChecked account to activate your test and view your results.

*If you have any medical conditions please consult with your healthcare provider first.