



654 IBEW

Health Fair

February 1, 2023 & February 2, 2023

presented by Independence Blue Cross



Biometric Screening

5:00pm to 7:00pm

- No cost to members
- 12-minute appointments
- Simple finger stick for cholesterol and glucose
- Fasting not required
- Blood results in 5 minutes
- Screenings include blood pressure and BMI
- All results are reviewed with a Health Educator
- No results will be shared

[Click Here to register for your biometric appointment](#)

Know Your Numbers Presentation

6:00pm to 6:30pm

- Understanding your lab work and blood pressure as it relates to hyperlipidemia, hypertension, and diabetes is critical for long-term wellness

