

# “Know Your Numbers”\*

## Be Well Employee Clinic

Call for your appointment:

435-797-1660

Hours:

M-F 8:00a-10:00a;

5:00p-6:00p

- Remember to fast (no food) after midnight for your blood test as that can alter your test results. Water is okay to drink.

Arrive 15 minutes before your appointment

Show your USU ID card

Have all lab

work/measurements done

Make follow up appointment

Arrive for follow-up appointment with healthcare provider.

Review your numbers and test information.

Enter your numbers into your online Health Risk Assessment (HRA) Questionnaire\*\* at [www.healthadvocate.com/portal](http://www.healthadvocate.com/portal)

Enjoy free online wellness coaching by following the link JOIN COACHING or call Health Advocate toll-free at 1-866-695-8622

Be Well Employee Clinic (x)



\*The “Know Your Numbers” Campaign will provide you with information about your risk for heart disease, diabetes, cancer, and other diseases.

\*\*You can fill out the online HRA Questionnaire in the clinic, in the office, at home or at your fitness assessment in HPER 152.