



Health Matters

**Eat Smart • Move More • Stress Less
Quit Tobacco • Get A Flu Shot • Choose Well**

South Base

12100 E. Marginal Way S., Seattle

**October 15, 2009 – 8 a.m. – 4 p.m.
Training rooms**

Choose Well Health Screening Registration Form

There is widespread agreement that patients who are informed, active participants in their own care have better outcomes, and their health care is apt to cost less. As part of an ongoing effort to give you the information you need to manage your health, Health Matters is providing a limited number of health screenings free to county employees. The screenings are funded through a grant from Aetna which administers the county's self-insured KingCareSM plan. All King County employees are eligible to receive screenings.

Each health screening will include a test for fasting blood sugar, cholesterol and blood pressure, followed by a comprehensive review by a disease prevention specialist. The process takes about 20 minutes.

Following your screening, we ask that you familiarize yourself with the suite of online tools that has been compiled to help you manage your own health. You will receive an instruction sheet with information on where to find these tools and how they will benefit your efforts to find quality, affordable health care in our region. We encourage you to use the results of your biometric screening to create a personal health record.

The number of free health screenings is limited. Please follow the steps below to register:

CONTACT INFORMATION

Name:

E-mail:

(Example: Firstname.Lastname@kingcounty.gov)

Phone number:

(Best contact number: 555-123-4567)

Department/Organization:

TIME SLOT

Please select your top three choices for your health screen time slot. (As time slots are filled, the form will be updated to indicate availability status)

First choice:

Second choice:

Third choice:

Submit this form by clicking the "Submit Form" button at the top.



Submitting by email? If you do not receive an immediate confirmation, call 206-263-7333.



Printing the form? Send to Kristin Rohfleisch, MS: YES-ES-0500; or fax to 206-263-6694



Other questions? Call 206-263-7333.