

# It's Time for a Health Screening!



## Did You Know?

- A healthy blood pressure helps protect you from heart attack, stroke, and kidney disease.
- Exercising regularly can reduce your blood pressure to healthier levels.
- A higher BMI can lead to heart disease, diabetes, and certain cancers.
- Losing just 5-10% of your body weight can lower your risk and give you better health.



## Health Risk Assessments

These assessments, which can be in print or electronic formats, provide PNP employees with an in-depth summary of their risk for disease as well as their unhealthy habits. The HRA aggregate data can help our organizations determine the most advantageous programs for our workforce.

## Biometric Screenings

Employees may be unaware that they have a health condition such as high blood pressure or that their weight has reached an unhealthy level. Biometric Screening is a short health exam that provides information about your risk for certain diseases and medical conditions. Knowing your numbers can help you understand where you need to take action to improve your health. Here at PNP, we use Bio Impedance Analysis. This is a method of assessing an individual's body composition which is the measurement of body fat in relation to lean body mass. Research has shown that body composition is directly related to health. A normal balance of body fat is associated with good health and longevity.

## Bio-Impedance Analysis

BIA is more sophisticated than your bathroom scale, but just as simple, and almost as quick. BIA is performed in our office with the help of a sophisticated, computerized analysis. This analyzer "calculates" and estimates your tissue and fluid compartments, using an imperceptible electrical current passed through pads placed on your hand and foot as you lie comfortably clothed on an exam table. In just minutes, we will have detailed measurements to help create an effective, personalized program for you.

# You're Invited!

**WHAT:** PNP invites you to participate in a convenient on-site confidential health screening. It's quick and easy and should take between 15-20 minutes. Anyone is able to participate and there is no cost.

**WHEN:** In September!

Wed/Fri: 9am-5pm

Thurs: 12pm-8pm

Sept. 16<sup>th</sup>: 12pm-5pm

**WHERE:** 22800 Savi Ranch Pkwy.,  
Ste. 202  
Yorba Linda, CA 92887

**HOW:** To set up a date and time, email  
[katie@professionalnursepartners.com](mailto:katie@professionalnursepartners.com)



Weight



BMI



Blood Pressure



Cholesterol



Nutritional Screening



Stress Assessment



Bio-Impedance Analysis



## Take steps towards a healthier you!

*Promoting Good Health and Quality of  
Life*



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