



BIOMETRIC SCREENING & COACHING EVENT



CLEMENTE GYM
OCTOBER 30TH • 8:00AM - 5:00PM

APPOINTMENTS MANDATORY

**SCHEDULE YOUR
SCREENING
USING THE LINK
OR QR CODE**

<https://pickatime.com/ICUBA/floridatech2025>



If you need any
assistance please
call Health Designs
at (904) 285-2019

WE CARE ABOUT YOU!

TAKE THE TIME TO INVEST IN YOUR HEALTH

- Personalized, motivating health coaching
- Be your best self with easy health tips
- Cholesterol, glucose, blood pressure, and BMI test results immediately and confidential

PREPARATION IS EASY!

- Fasting is recommended for at least two hours prior to testing
- Remember to drink plenty of water and intake medications as prescribed

REDEEM YOUR INCENTIVE!

Complete your biometric screening and online health assessment via Personify to receive a \$100 reward

CONTACT

Karen Hill by email khill@fit.edu with any questions.



HealthDesigns.net
(904) 285-2019