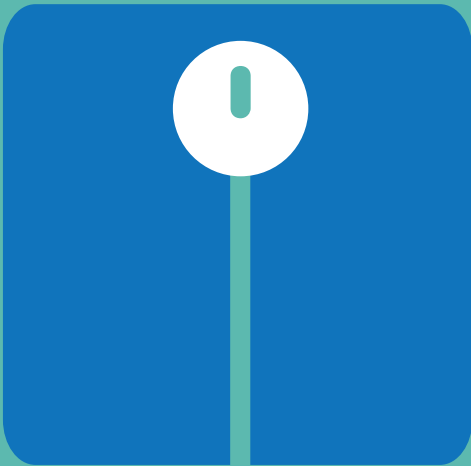


City of Mount Dora Employee Health & Wellness Center



Get to know your health.

Biometric screenings are a window into your health. They help you identify your healthy behaviors and any undetected health issues or conditions that may need attention. During your screening, your provider might assess your:

- Blood pressure
- Blood sugar levels
- Cholesterol levels
- Waist measurement
- Body mass index (BMI)
- Tobacco use
- And more

What's in it for you

[Aside from helping you better understand your health, [Client at Site] offers an incentive for [term for employee]s who complete a biometric screening. Your incentive includes [lorem ipsum dolor sit amet, consectetur adipiscing elit. Maecenas porttitor congue massa. Fusce posuere, magna sed pulvinar ultricies, purus lectus malesuada libero, sit amet commodo magna eros quis urna].

How to prepare:

- Avoid eating or drinking anything but water 9-12 hours beforehand.
- Drink plenty of water to stay hydrated.
- Continue taking your medications.



Schedule your screening.

My Premise Health app

mypremisehealth.com

Who can use these services?

Services are available to all employees, spouses, dependents (age 6 and up) on insurance plan.

City of Mount Dora Employee Health & Wellness Center
2110 North Donnelly Street Suite 200
Mount Dora, FL 32757
Monday - Thursday 8 a.m. - 5 p.m.
Closed daily 12 p.m. - 1 p.m.
(352) 663-9155



Powered by
Premise Health.