



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

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



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