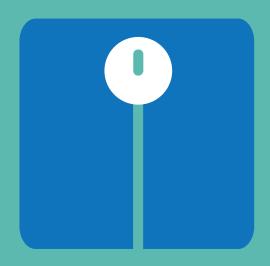
City of Mount Dora Employee Health & Wellness Center



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

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.



Powered by
Premise Health.

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