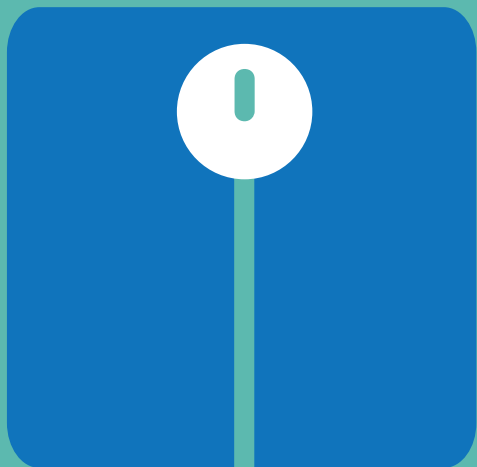


The Wellness Center



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, Lockheed Martin offers an incentive for employees enrolled in a high deductible health plan who complete a biometric screening. Visit WeRally.com, print the Provider Form and bring it to your appointment at the Wellness Center.

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.

Call your Wellness center to schedule.

Who can use these services?

The Wellness Center is available to all employees, regardless of medical plan.



The Wellness Center
Operated by Premise Health.