



GAUGE YOUR HEALTH

Schedule a biometric screening and flu shot today.

Get your biometric screening and flu shot this fall at your USG institution. It's convenient, there's no cost to you and if you're enrolled in a USG healthcare plan, you'll earn rewards for completing each appointment. Rewards will be applied to the 2023 program year that begins this October.

How do I sign up?

1. [Log in](#) to the USG Well-being platform with Virgin Pulse
2. Click on the **Programs** page
3. Change your view from **Explore** to **View all** from the top menu bar
4. Find **Labcorp Biometric Screenings** and click **Start Now**
5. The sign up for the flu shot is found in the same place as the biometric screening.

Important details:

- The screening consists of a fingerstick test for cholesterol (Total, HDL & LDL), triglycerides, glucose, blood pressure, and body composition (body mass index, body fat percentage, and waist circumference).
- You are encouraged to fast for 8 hours before your appointment for the most accurate results, but it is not required. Non-fasting participants will not get LDL or triglyceride readings.

Schedule your appointment today!

