



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, no cost to you and you'll earn well-being credit too.

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**

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!

Institution: MGA Cochran Campus

Date: November 17, 2021

Time: 10:00 a.m. - 1:00 p.m.

Location: Wellness Center

Contact: **Human Resources** - (478)934-3082

Deadline to register: October 23, 2021