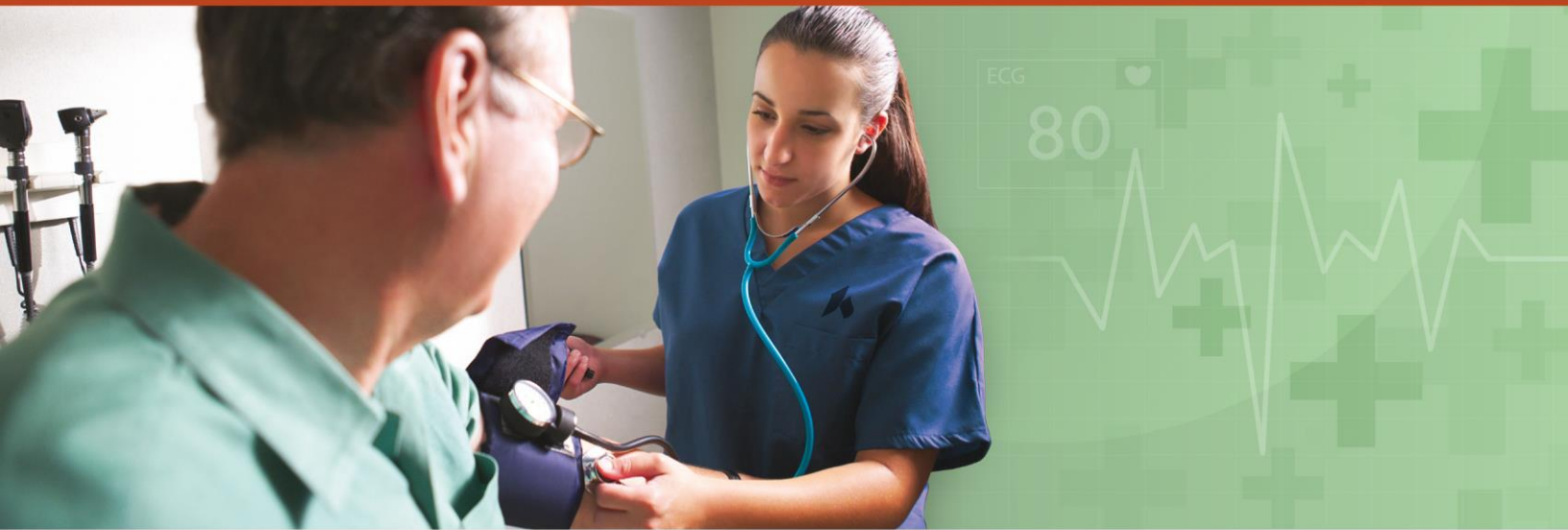


KNOW YOUR NUMBERS!



EMPLOYEE HEALTH SCREENINGS

We are committed to the health of our employees and have partnered with Kettering Health to provide heart healthy screenings. These screenings are offered to you at no charge.

Heart Healthy screenings include:

Blood Lipid and Diabetes Screening This screening measures a total lipid profile including total cholesterol, HDL, LDL, triglycerides, and blood glucose. This test is performed with a finger stick. Results are immediate.

Body Mass Index Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.

Waist Circumference According to the National Institute of health, a high Waist Circumference (WC) is associated with an increased risk for type 2 diabetes, dyslipidemia, hypertension, and cardiovascular disease. Increased abdominal fat is associated with an increased risk of heart disease. At this station, your waist circumference will be measured and compared to norms.

Blood Pressure Blood pressure screening will be provided as one component of the wellness screenings. Blood pressure is an important part of knowing your numbers.

Results Review A health care professional will review your results and provide you with educational materials.

A 12 hour fast is recommended for this screening. For the 12 hour fast, water, black coffee, and medications are allowed but no other foods or beverages.

Location/Date:

Multiple Locations/Dates

Appointment Required
Click or scan below

<https://bit.ly/MontCoWell>



Questions?

Call 937-558-3917



ketteringhealth.org

Location	Date	Time	Address	Room
Reibold	2/1/2023	9:00AM - 3:00PM	117 S. Main Street, Dayton, OH 45422	3rd Floor Conf. Rm
Reibold	2/2/2023	9:00AM - 3:00PM	117 S. Main Street, Dayton, OH 45422	3rd Floor Conf. Rm
Reibold	2/3/2023	9:00AM - 3:00PM	117 S. Main Street, Dayton, OH 45422	3rd Floor Conf. Rm
Juvenile Court - CAS	2/6/2023	2:00PM - 5:00PM	333 Access Rd. New Lebanon, OH 45345	Training Room
Common Pleas Court	2/8/2023	8:00AM -4:00PM	41 N Perry St, Dayton, OH 45402	Conference Room
Common Pleas Court	2/9/2023	8:00AM -4:00PM	41 N Perry St, Dayton, OH 45402	Conference Room
Job Center - Saturday Session	2/11/2023	9:00AM - 2:00PM	1111 S Edwin C Moses Blvd, Dayton, OH 45417	1133, Conf. Room
Job Center	2/13/2023	8:00AM - 4:00PM	1111 S Edwin C Moses Blvd, Dayton, OH 45417	1133, Conf. Room
Haines	2/15/2023	9:30AM - 4:00PM	3304 N. Main St., Dayton, Ohio 45405	Assm. Rm 1 & 2
Haines	2/16/2023	9:30AM - 4:00PM	3304 N. Main St., Dayton, Ohio 45405	Assm. Rm 1 & 2
Enviromental Services - Spaulding	2/17/2023	6:30AM - 2:00PM	1850 Spaulding Road, Kettering, OH 45432	Lunch Room
Sheriff's Office Regional Dispatch Center	2/20/2023	9:00PM - 12:00AM	460 Vantage Pt, Miamisburg, OH 45342	
Environmental Services Solid Waste	2/21/2023	7:00AM - 3:00PM	2600 Sandridge Rd, Moraine, OH 45439	Board Room
Administration Building	2/22/2023	7:00AM - 2:00PM	451 W. Third Street, Dayton, OH 45422	Hearing (1001 - 1002)
Administration Building	2/23/2023	7:00AM - 2:00PM	451 W. Third Street, Dayton, OH 45422	Hearing (1001 - 1002)
Administration Building	2/24/2023	7:00AM - 2:00PM	451 W. Third Street, Dayton, OH 45422	Hearing (1001 - 1002)
Stillwater (only Stillwater employees are permitted to attend)	2/27/2023	4:00PM - 7:00PM	8100 N Main St, Dayton, OH 45415	Multi-Purpose Room
Stillwater (only Stillwater employees are permitted to attend)	2/28/2023	5:30AM - 8:30AM	8100 N Main St, Dayton, OH 45415	Multi-Purpose Room
County Engineer	3/1/2023	7:00AM - 12:00PM	5625 Little Richmond Rd, Dayton, OH 45426	Breakroom
Juvenile Court (JJC)	3/2/2023	8:00AM - 2:00PM	380 West 2nd Street, Dayton , OH 45402	CASA Training Room
Juvenile Court (JJC)	3/3/2023	8:00AM - 2:00PM	380 West 2nd Street, Dayton , OH 45402	CASA Training Room
Job Center - Saturday Session	3/4/2023	9:00AM - 2:00PM	1111 S Edwin C Moses Blvd, Dayton, OH 45417	1133, Conf. Room
Board of Developmental Disability Services (Southview)	3/6/2023	8:00AM - 3:00PM	25 Thorpe Dr, Dayton, OH 45420	Room 61
Board of Developmental Disability Services (Northview)	3/8/2023	8:00AM - 1:30PM	8114 N. Main Street, Dayton, OH 45415	Room 83
Board of Developmental Disability Services (Northview)	3/9/2023	8:00AM - 1:30PM	8114 N. Main Street, Dayton, OH 45415	Room 83
Animal Resource Center	3/13/2023	3:00PM - 6:30PM	6790 Webster Street, Dayton, OH 45414	Conference Room
Sheriff's Office Headquarters Building	3/13/2023	9:00PM - 12:00AM	345 W 2nd St, Dayton, OH 45422	Conference Room
Job Center	3/14/2023	8:00AM - 4:00PM	1111 S Edwin C Moses Blvd, Dayton, OH 45417	1133, Conf. Room
Administration Building	3/16/2023	7:00AM - 2:00PM	451 W. Third Street, Dayton, OH 45422	Hearing (1001 - 1002)
Haines	3/21/2023	9:30AM - 4:00PM	3304 N. Main St., Dayton, Ohio 45405	Assm. Rm 1 & 2
Reibold	3/22/2023	9:00AM - 3:00PM	117 S. Main Street, Dayton, OH 45422	3rd Floor Conf. Rm