

Biometrics 2.0

Bringing biometric screenings into the 21st century

Healthy Is Wellness is proposing to team up with City of Sidney to bring all employees and family members a cutting-edge wellness special event like no other on the market!

Medical grade, innovative bio markers that deliver results within minutes



VISCERAL FAT is directly correlated to all major chronic disease, and is one of those critical variables missing from traditional screenings.



Muscle is the largest metabolic organ in the body, and knowing your **MUSCLE COMPOSITION** can help with every major health outcome.



Chronic disease risk is associated with fluid imbalance and inflammation (**EDEMA**), and our technology can measure this in every major limb.



Diseases associated with a high **HBA1C** are the most expensive diseases in the US, but many people are unaware of this important blood metric.



Currently half of all adults in the U.S. have high **BLOOD PRESSURE**; not only do we measure this, but we also share the simple behavioral steps you can take to reduce it.



STRENGTH is directly tied to bone mineral density, and is perhaps the most under screened, highly critical variable of human health that we can measure.

Details for City of Sidney biometric event

Custom-tailored event designed to provide all eligible participants with the following:



Total body composition analysis using the state of the art InBody 770 machine and Grip Strength.



Seamless integration with HR and follow up reporting.



HbA1C testing, resulted on site in under 15 minutes.



Pre-event messaging; usage of HIW App for sign-ups.



On-site coaching session with one of our highly trained wellness coaches to discuss results and guide participants to the "what now" or next steps.



Event(s) scheduled in July 2023 to meet your employee's needs.



Cholesterol Lipid Panel (available per request & additional \$20 per person), **resulted on site with no fasting required. Metrics include:**

- Total Cholesterol
- LDL Cholesterol
- HDL Cholesterol
- Triglycerides



Cost of \$79.00 per person (\$99.00 per person for Lipid Panel) with a minimum of 32 participants, with the option to add more sessions.



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Expiration Date: Wednesday, July 5, 2023