

## Know Your Numbers Screening Clinics

St. Luke's Jerome – 2014

The Know Your Number (KYN) Screening consists of biometric measures such as blood pressure, height, weight, BMI, waist circumference, nicotine screen and fasting blood glucose.

**Remember to fast** – nothing to eat or drink EXCEPT WATER – 8-hours before your appointment. Those with diabetes need to provide an HgA1c lab result after 9/1/2013.

To schedule a 15-minute appointment, choose one of the options below:

- i At work, visit *Inside St. Luke's* Healthy U and choose the **KYN Screening Registration** link. Select a location and date, then click the box for your desired time. Next click **Finished – Complete Registration**, enter Attendee information and click **Submit Registration**.
- j From home, open your Internet browser and type <http://www.stlukesonline.org/kyn>

Jerome Hospital		
Wednesday, February 12	6:30-9:00am	Conference Room 2
Wednesday, February 19	6:30-9:00am	Conference Room 2
Thursday, February 20	6:30-9:00am	Conference Room 2