CHARDON
LOCAL SCHOOLS

Preventive Care Campaign

Know Your Numbers

January 1, 2026 through December 11, 2026

PERSONAL HEALTH SCREENING

Do you check your car's oil and tire pressure regularly? Many of us maintain our cars better than our own health! Like your car, your body needs preventive maintenance. The only way to truly learn your health status is to **Know Your Numbers**. This school year, we are giving you the opportunity to gain this valuable information because we believe good health is good business!

Why do you need to Know Your Numbers? Your numbers can show your risk levels for disease and illness, and how personal lifestyle habits are affecting you. This information, in turn, can help you make your own health care choices that could change the course of your life.

Employees who have a preventive health screening, including the tests listed below, will be rewarded with a **$50 Amazon GIFT CARD**. You are eligible if your preventive screening is completed by December 11, 2026 (or if completed earlier in 2026).

To earn a gift card, your physician must complete a **Preventive Care Provider Confirmation Form**. The confirmation is only a certification that you had the screening – **it will not include any results or other personal information.**

Cholesterol

A Cholesterol screening will show your HDL ("good") cholesterol level, your LDL ("bad") cholesterol levels, combined to give you your total cholesterol.

Blood Pressure

One in four adult Americans has high blood pressure and nearly one-third do not know it. When blood pressure is taken, two numbers are measured – systolic and diastolic.

Glucose

Glucose (sugar) is needed by the body to function properly. A high glucose level can be a sign of diabetes; a disease that affects the way your body uses food.

Body Mass Index (Weight/Height)

Body Mass Index will test Height vs. Weight to determine if you are within normal range or overweight.

Go See Your Primary Care Physician and Turn in Completed Form to receive a $50 Amazon Gift Card!

Know Your Numbers

***Please fax (440-285-7229), email (deb.armbruster@chardonschools.org), or hand deliver completed form to Deb Armbruster 428 North Street, Chardon**

by December 11, 2026