



February is AMERICAN HEART HEALTH MONTH

Your sweetheart may have the key to your heart, but a proper diet and exercise can be the key to a healthy heart. This Valentines Day think about ways you can take care of your "heart" and live a healthier, happy life. Visit www.heart.org for more Heart Healthy Valentines Day tips.

Cardiovascular disease, including stroke, are our nations No.1 killer. The key to prevention is healthy lifestyle habits including diet, exercise, stress management, and knowing your risk.

This is the perfect time to schedule an appointment for one of our FREE HEALTH SCREENINGS. We will again be offering onsite HEALTH SCREENINGS throughout the district for all USD 500 employees. These screenings will provide you with the following information: Height, Weight, BMI, Body Fat, Waist Circumference, Blood Pressure, Total Cholesterol, HDL, Ratio, and Glucose. Employees will have the opportunity to go over your results with a nurse and understand how they impact your health. All information is completely confidential.

By attending a health screening and completing the online Health Risk Appraisal, employees will have the \$300 prescription deductible waived effective July 1, 2011.

Or you can have your physician complete a Wellness Verification Form stating you have had a screening completed within the last 12 months (April 1, 2010-May 1, 2011). This form must be turned in to Kate Foster. This along with the online Health Risk Appraisal will complete the requirements to get the \$300 prescription deductible waived.

I strongly encourage you to participate in one of the screenings, as well as explore all the opportunities available through the Fit500 employee wellness program. More details can be found at www.kckps.org/wellness/. I wish you a HEALTHY Valentines Day!!

Please contact me at anytime with questions, concerns, or any additional information you need to help you achieve your wellness goals.

Have a healthy day!

Kate Foster

Fit500 Wellness Coordinator
USD 500 employee wellness program
913.279.2030
Kafoste@kckps.org



TO REGISTER for HEALTH SCREENING:

To register for a screening, please click on the REGISTER button below. You will receive a confirmation e-mail immediately after registering. **Please note: you must click on the Finish link on the final registration page before your appointment can be reserved.**

Registration will close the day before at 12 p.m. (noon). If you need to cancel or reschedule an appointment, you may use the registration link until that time. If you need assistance with registering, please call 816-943-2167 or 866-271-3850 (toll-free).



You are invited to register your appointment for a health screening. Please click on Register to schedule your appointment. A new window will open with all of the available dates and locations.

[Register](#)

Your Screening includes:

- Height, Weight, Body Mass Index
- Body Fat, Waist Circumference
- Blood Pressure, Total Cholesterol
- HDL, Ratio & Glucose

This screening is by finger stick, with immediate results. A health educator will review your results with you.

Fasting is not required. Please drink plenty of water.

Event Location

Kansas City, Kansas School District
Kansas City, KS

