

Free Annual Health Screenings

Take 20 minutes for your health!

A health screening is a quick finger stick blood test that helps you and your provider understand your overall health. The blood test measures your cholesterol and glucose levels, and during your appointment, your provider will measure your height, weight, and blood pressure to complete your health picture.

Health Screening Requirements

- Please fast eight to ten hours before your screening, with the exception of water and black coffee.
- Continue taking your medications, except for diabetes medications.
- Drink plenty of water.

Earn \$100 toward your HRA!

If you are covered on the Laitram Health Plan, you will earn a \$100 incentive for your health reimbursement account (HRA) when you complete your health screening and the online Health History and Risk Assessment (HHRA) questionnaire through the Marathon eHealth Portal (my.marathon-health.com). Both steps must be completed by April 30, 2022, to qualify for the incentive.

Spouses on the Laitram health plan are required to have a health screening in order to receive the HRA and preferred premium incentives. They can attend any session.

For more information, call:

- **Edie Sclafini (Harahan): 504-570-1205**
- **Hilary Mann (Baltimore): 667-232-8397**
- **Becky Klein (Hammond): 985-348-6326**

2022 Event Dates & Times

Harahan, LA

Thursday, Jan. 6: 6am – 9am
Friday, Jan. 7: 6am – 9am
Saturday, Jan. 8: 7am – 10am
Tuesday, Jan. 18: 6am - 9am
Wednesday, Jan. 19: 6am – 9am
Friday, Feb. 11: 6am – 9am
Saturday, Feb. 12: 7am – 10am
Tuesday, Feb. 15: 6am – 9am
Wednesday, Feb 16: 7am – 10am
Thursday, Feb. 17: 6am – 9am
Friday, Mar. 11: 6am – 9am
Saturday, Mar. 12: 7am – 10am
Wednesday, Mar. 23: 6am – 9am
Thursday, Mar. 24: 6am – 9am
Friday, Mar. 25: 6am – 9am
Wednesday, Apr. 20: 6am – 9am
Thursday, Apr. 21: 6am – 9am
Friday, Apr. 22: 6am – 9am
Thursday, Apr. 28: 6am – 9am
Friday, Apr. 29: 6am – 9am
Saturday, Apr. 30: 7am – 10am

Hammond, LA

Tuesday, Jan. 11: 6am – 9am
Friday, Feb. 2: 6am – 9am
Saturday, Feb. 3: 7am – 10am
Wednesday, Mar. 9: 6am – 9am
Friday, Apr. 22: 6am – 9am
Saturday, Apr. 23: 7am – 10am

Baltimore, MD

Tuesday, Jan. 11: Time TBD
Tuesday, Jan. 25: Time TBD
Tuesday, Feb. 15: Time TBD
Tuesday, Mar. 15: Time TBD
Tuesday, Apr. 12: Time TBD
Tuesday, Apr. 26: Time TBD