



# 2024

## Biometric 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 \$200 toward your HRA!

If you/your spouse (if applicable) are covered on the Laitram Health Plan, you will each earn a \$200 incentive into the HRA (Health Reimbursement Account) when you each complete the biometric screening and the Health History and Risk Assessment questionnaire in the Marathon eHealth Portal ([marathon-health.com](http://marathon-health.com)). Both steps must be completed by April 30, 2024 to qualify for the incentive.

**2024 EVENT DATES & TIMES ON  
OTHER SIDE...**



# 2024 Biometric Screening Schedule

## Harahan

Tuesday, January 9  
Wednesday, January 10  
Thursday, January 11  
Thursday, January 18  
Friday, January 19  
Saturday, January 20  
Tuesday, February 20  
Wednesday, February 21  
Thursday, February 22  
Friday, February 23  
Saturday, February 24  
Friday, March 1  
Saturday, March 2  
Tuesday, March 5  
Wednesday, March 6  
Thursday, March 7  
Friday, March 8  
Friday, March 22  
Saturday, March 23  
Wednesday, April 10  
Thursday, April 11  
Friday, April 12  
Saturday, April 13  
Thursday, April 18  
Friday, April 19  
Saturday, April 20

## Hammond

Wednesday, January 10  
Tuesday, January 16  
Thursday, January 18  
Friday, February 23  
Saturday, February 24  
Wednesday, March 13  
Tuesday, March 19  
Thursday, March 21  
Wednesday, April 17  
Friday, April 26  
Saturday, April 27

## Times for both locations...

Weekdays: 6-9am  
Saturdays 7-10am

### FOR MORE INFORMATION, CALL:

- EDIE SCLAFINI: 504-570-1205
- BECKY KLEIN: 985-348-6326



# 2024 Biometric Screening Schedule

## Baltimore

### **Ridge Rd (Training Room)**

Thursday, January 25

Thursday, March 14

### **Sparrows Point (Training Room)**

Wednesday, January 31

Wednesday, February 28

Wednesday, March 27

### **AP100 (Training Room)**

Thursday, February 15

Times for all events: 7-11am

Registration required.  
Scan the QR code to  
sign up!



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- **BECKY KLEIN: 985-348-6326**
- **KATHLEEN BRUSCA (BALTIMORE ONLY): 667-232-8005**