

Free Annual Health Screenings

2023 Event Dates & Times

Harahan, LA

5307 Corporate Meeting Room

Thursday, Jan. 5: 6am – 9am

Friday, Jan. 6: 6am – 9am

Saturday, Jan. 7: 7am – 10am

Tuesday, Jan. 17: 6am – 9am

Wednesday, Jan. 18: 6am – 9am

Friday, Feb. 3: 6am – 9am

Saturday, Feb. 4: 7am – 10am

Thursday, Feb. 9: 6am – 9am

Friday, Feb. 10: 6am – 9am

Wednesday, Mar. 8: 6am – 9am

Thursday, Mar. 9: 6am – 9am

Friday, Mar. 10: 6am – 9am Friday,

Mar. 24: 6am – 9am Saturday, Mar.

25: 7am – 10am Friday, Apr. 14:

6am – 9am Saturday, Apr. 15:

7am – 10am Friday, Apr. 21: 6am –

9am Saturday, Apr. 22: 7am –

10am Wednesday, Apr. 26: 6am –

9am Thursday, Apr. 27: 6am – 9am

Friday, Apr. 28: 6am – 9am

Saturday, Apr. 29: 7am – 10am

Hammond, LA

West Mezzanine

Wednesday, Jan. 11: 6am – 9am

Tuesday, Jan. 17: 6am – 9am

Thursday, Jan. 19: 6am – 9am

Friday, Feb. 10: 6am – 9am

Saturday, Feb. 11: 7am – 10am

Wednesday, Mar. 15: 6am – 9am

Tuesday, Mar. 21: 6am – 9am

Thursday, Mar. 23: 6am – 9am

Wednesday, Apr. 19: 6am – 9am

Friday, Apr. 28: 6am – 9am

Saturday, Apr. 29: 7am – 10am

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).

Both steps must be completed by April 30, 2023 to qualify for the incentive.

For more information, call:

- **Edie Sclafini (Harahan): 504-570-1205**
- **Becky Klein (Hammond): 985-348-6326**
- **Kathleen Brusca (Baltimore): 667-232-8005**

Baltimore, MD

Ridge Road Training Room

Tuesday, Jan. 24: 6:30am – 11am

Tuesday, Feb. 21: 6:30am – 11am

Tuesday, Mar. 28: 6:30am – 11am

Sparrows Point Training Room

Wednesday, Feb. 8: 6:30am – 11am

Wednesday, Mar. 15: 6:30am – 11am

Wednesday, Apr. 12: 6:30am – 11am