

## \$20 Flu Shots!

Flu shots as low as \$20 per shot for events requested by May 1, 2009. Hurry supplies are limited!

### National Nutrition Month Healthy Tips

- Select lean meats and poultry such as loin and breast cuts.
- Choose fat-free and low-fat dairy products.
- Cut back on foods high in dietary cholesterol. Aim to eat less than 300 milligrams of cholesterol each day.
- Stay away from foods and drinks with added sugars.
- Aim to eat less than 2,300 milligrams of sodium per day.
- Choose vegetables, fruits, and whole grains instead of refined and processed foods.

## Team with Total Wellness

Healthy living is a lifetime journey, not a single destination. Just because an employee had a healthy cholesterol level last year doesn't mean that individual's levels are the same today. Encourage your employees to have their biometrics checked at least once a year. Make it easy for them by offering an on-site health screening event. Total Wellness offers a biometric all-in-one package which is great for companies just starting a wellness program or for companies that want to enhance their current program. Our certified nurses will provide finger-stick cholesterol and glucose screenings, blood pressure checks, and height, weight, and BMI measurements. A healthy employee is often more productive and usually costs less to insure. Help employees get healthy with Total Wellness!



## EmployeeSignup.com

Appointment scheduling for your on-site health screening event can be a very time consuming task. Let Total Wellness save you time! With our Online EmployeeSignup.com scheduling tool

employees can sign up for a health screening appointment online from any computer. EmployeeSignup.com also provides confirmation and reminder emails so participants won't forget their appointments. Administrators are given special access to print off event rosters for the day of the event. Pass your scheduling duties off to Total Wellness and we will help make your event a success.



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