



2018 LiveWell Vermont Wellness Screenings *Southern Vermont*

Know Your Numbers

- Blood pressure
- Cholesterol
- Non-fasting blood sugar

Book Your Appointment on the Wellness Portal!

MAY 29	BENNINGTON AOT , 359 BOWEN ROAD, CONFERENCE ROOM BENNINGTON, VDH , 324 MAIN STREET, ROOM 180 (COMMUNITY ROOM)	10AM-12PM 1PM- 4PM
MAY 30	DUMMERSTON AOT , 870 US ROUTE 5 BRATTLEBORO , STATE BUILDING, 232 MAIN ST. – 1 ST FLOOR LG. CONF. RM	8AM-12PM 1PM-4PM
JUNE 19	MIDDLEBURY , STATE BUILDING, 156 COURT ST. – 2 ND FLOOR, ESD 1 CONF. RM	8AM-4PM
JULY 17	WHITE RIVER JCT. , STATE BUILDING, VDH, 118 PROSPECT ST. – 3 RD FLOOR, RM 120 SPRINGFIELD , STATE BUILDING, 100 MINERAL STREET – LOBBY CONF. RM	10AM-12PM 2PM-4PM
JULY 24	MENDON AOT , 61 VALLEY VIEW RUTLAND , ASA BLOOMER BUILDING, 88 MERCHANTS ROW – 2 ND FLOOR, RM 266	10AM – 12PM 1PM – 4PM

1. Visit <https://mybluehealth.bcbsvt.com>
2. Create an account/login at the [LiveWell Wellness Portal](#).
3. Complete your Personal Health Assessment found under the “Health” tab on your dashboard.
4. Register for your screening. Click “**Community**”, then “**Event Registration**”. Click the **clinic site, date & time**.
5. Add your appointment to your calendar by clicking on the icon upon registration.

**Complete a Biometric Screening and earn 30 points
in the 2018 *Wellness: Your Way* Incentive Program!**

**Questions? Contact LiveWell Vermont staff: 802-828-7308 or
dhr.livewellvermont@vermont.gov**