saif

Getting your numbers

After completing Healthstat's online health assessment, you will need to complete a Know Your Numbers (KYN) biometric screening. Appointments are available at the Health and Wellness Center between 7:00 and 11:30 a.m., Monday through Thursday (June - August). Please call the Health and Wellness Center to make an appointment: **503.373.8550**.

This needs to be a fasting appointment, 10 hours or more. Water, black coffee, tea, and diet soda are OK, but no cream and sugar are not.

You may not use your biometric numbers from the previous year's health assessment. Your numbers can be no more than 90 days old.

Salem: June 3 – August 29 (7 a.m. – 11:30 a.m.)
Portland and Lake Oswego: June 18 and July 17 (7 a.m. – 11 a.m. at the Centerpointe Drive location). Schedule your appointment online through US Wellness. Your spouse or domestic partner will need to schedule a separate appointment.
Eugene: Thursday, June 13 (7 a.m. – 11:30 a.m.)
Bend: Wednesday, June 19 (7 a.m. – 11:30 a.m.)
Medford: Thursday, June 27 (7 a.m. – 11:30 a.m.)
North Bend: see your primary care provider

Unable to attend one of these sessions? You can use your labs from your primary care provider or call the Health and Wellness Center directly and request a lab order that you can take to the nearest Quest Diagnostics lab. Quest will automatically send your results to the Health and Wellness Center. This is a full blood draw.

If you prefer your numbers be taken by your primary care provider, please print this page and take it with you to your appointment.

The information required to complete KYN:

- Height
- Weight
- Blood pressure (systolic and diastolic)
- Total cholesterol, HDL, LDL, triglycerides, and blood glucose

If you have questions about getting your numbers, please contact Human Resources at WorkLife@saif.com