Appointments are available between 7:00 and 10:00 a.m., Monday through Thursday.

To complete your assessment, you'll need the following:

- Height
- Weight
- Blood pressure (systolic and diastolic)
- Blood sugar and cholesterol levels (HDL, LDL, total cholesterol, triglycerides, and glucose)

For accurate results, do not eat or drink anything after midnight the morning of your test. (Water, black coffee, tea, and diet soda are OK, but no cream or sugar.)

Unlike previous years, you cannot enter the numbers yourself. The center staff will enter them for you to ensure accuracy as part of a contractual agreement to improve overall employee health at SAIF.

If you prefer, you may have your numbers taken by your primary care provider. You can bring in a copy of your official results. Or your provider can mail the results to Health and Wellness Center, P.O. Box 70, Salem, OR 97308; or fax them to 503.373.8086.

You may not use biometric numbers more than 12 months old for your health assessment.

Regional office employees: Please contact the center directly for scheduling.

Call the Health and Wellness Center for an appointment 503-373-8550.

If you have questions about getting your numbers, please contact Renae Coombs at rencoo@saif.com or 503.373.8043.