WIN one of two $300 gift cards or one of four $50 gift cards. To be entered into the drawing, you must:

• Complete your HRA Labs and Follow-up** at the Employee Health Center
• Complete a program one-on-one with a health coach
• All items must be completed between February 15th - May 17th, 2017

**No need to repeat HRA labs and a follow-up if you have completed this within the last 12 months. You will automatically be eligible for this portion of the requirements. You will still need to complete a program with a Health Coach. Contact wellness@carehere.com or 877.866.6430.

What is an HRA?
An HRA is a 28-panel fasting blood draw, vitals and health questionnaire that will help to identify high cholesterol, diabetes risk, liver function, chemistry levels, nutrition status, prostate cancer, hypertension and much more.

DON'T FORGET TO FAST FOR 12 HOURS.
NO FOOD OR DRINK, EXCEPT WATER OR BLACK COFFEE.

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