



CareHere!

# CITRUS COUNTY SCHOOLS ELIGIBLE EMPLOYEES AND RETIREES!

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](mailto: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.**