What to expect during the NEW Phase I: Health Appraisal process:

Schedule your 45-minute Health Appraisal appointment using the new wellness portal.

Only 8 hours of fasting this year!

At your Health Appraisal appointment:

1. **Check-in and sign consent forms**

2. **Labs/Biometric screening**
   - Blood sample collected by fingerstick method to measure:
     - Total cholesterol
     - LDL
     - HDL
     - Triglycerides
     - Fasting blood glucose
     - Nicotine and cotinine* (results will not be immediate)
   - Record weight, height, waist circumference and blood pressure
   - Answer Interest Assessment

3. **Health education session**
   - Review lab results
   - Review Interest Assessment
   - Direct you to appropriate resources

*nicotine/cotinine results will be available through the wellness portal 10 business days after your appointment.
Your new 2017 City of Milwaukee Wellness Launch Kit is coming soon!

New changes will make the Health Appraisal (formerly 3-step) process easier:

• One appointment will include all 3 steps
• Fast for only 8 hours versus 12 hours
• Small blood sample obtained with a simple fingerstick method
• Results available immediately at appointment (nicotine/cotinine excluded)
• Interest Assessment (formerly questionnaire) completed at appointment
• Education session customized to the needs and interests of participants
• New all-inclusive online Wellness Portal

Wellness Launch Kits with more information will be mailed during the week of July 17.

In partnership with

Froedtert & Medical College of Wisconsin
Workforce Health

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