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# Furman University Summer Screenings

It's time to register for your annual Biometric Screening and Health Risk Assessment. The first 3 of 12 group biometric health screenings will take place on the following dates in the Younts Center on campus:

- Thursday, July 18, 7–10 a.m., (register by Friday, July 12)
- Tuesday, Aug. 20, 7–10 a.m., (register by Friday, Aug. 16)
- Thursday, Sept. 12, 6–10:30 a.m. (register by Friday, Sept. 6)

The screening will include three-month average blood sugar (HbA1c), cholesterol panel (lipids), height, weight (optional), waist circumference, relative fat mass index and blood pressure.

## Screening tips:

- Drink plenty of water the week and morning of screening to ensure you are well hydrated for the blood draw. Fasting is encouraged eight hours before your screening appointment (black coffee with no cream or sugar and water are allowed). Take your normal medications as prescribed and arrive at your scheduled appointment time.

Employees and spouses will register and complete the confidential online health risk assessment questionnaire via Prisma Health MyChart. See additional instructions for step-by-step details on scheduling.

Participants must use their Prisma Health MyChart account to register. Access Prisma Health MyChart [HERE](#). Use the following link to schedule your Furman University Group screening link or scan the QR code: [Schedule my group screening appointment](#)



Completion of any of these screenings will satisfy the annual wellness screening requirement, which means participation in the fall events will not be required.

Need help? Call Screening Services, 864-797-6631.



PrismaHealth.org

