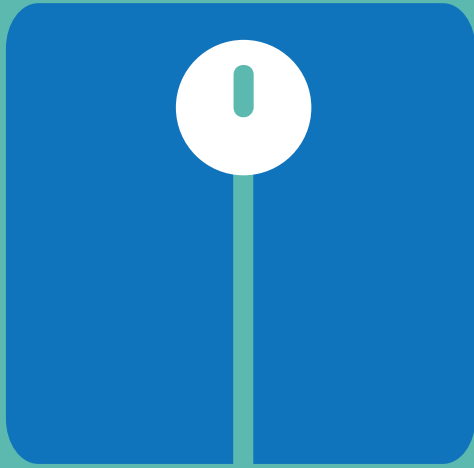


# Butler Advantage Health & Wellness Centers

## Schedule Your Biometric Screening/HRA

Download the My Premise Health app or visit [mypremisehealth.com](https://mypremisehealth.com). Sign in or click “Sign up now” to create your account. Once logged in, click “Schedule an appointment” and select “Biometric Screening Visit.”



## Get to know your health.

Biometric screenings are a window into your health. They help you identify your healthy behaviors and any undetected health issues or conditions that may need attention. During your screening, your provider might assess your:

- Blood pressure
- Blood sugar levels
- Cholesterol levels
- Liver and kidney levels
- Body mass index (BMI)
- Lifestyle risks
- And more

### What's in it for you?

Aside from helping you better understand your health, Butler Health Plan offers an incentive for eligible employees and spouses who complete a biometric screening (Health Risk Assessment) **between 1/1/2022 - 10/31/2022**. Your incentive includes a \$150 wellness credit toward next year's medical plan deductible.

### How to prepare:

- Avoid eating or drinking anything but water 9-12 hours beforehand.
- Drink plenty of water to stay hydrated.
- Continue taking your medications.



Schedule your screening.

My Premise Health app

[mypremisehealth.com](https://mypremisehealth.com)

#### Butler Advantage (Hamilton)

400 North Erie Blvd, Suite D, Hamilton, OH  
513.896.2398

#### Butler Advantage (Beavercreek)

3040 Kemp Road, Ste 100, Beavercreek, OH  
937.458.2588

#### Butler Advantage (Sharonville)

301 Scarlet Oaks Drive, Sharonville, OH  
513.896.2398

937.375.2998 | 24-hour assistance  
[mypremisehealth.com](https://mypremisehealth.com)

### Who can use these services?

The Biometric Screening/Health Risk Assessment (HRA) is FREE to employees and their spouses enrolled in the Butler Health Plan.



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