



**2025 Onsite
Biometric
Screening Dates:**

April 22, 23, 24

July 22, 23, 24

August 26, 27, 28

**HUB Room
102/103**

7:00 – 10:00 a.m.

**To register
[click here](#) or scan
the QR code below**



Biometric Screenings Xavier University

Knowing your numbers is the first step in taking control of your health and wellness. TriHealth will be offering **free** biometric screenings to all Xavier employees and their spouses on the dates listed on the left.

Your screening* will include these measures:

- Lipid Profile
- Fasting Glucose
- Blood Pressure
- Body Mass Index (BMI)
- Body Fat Percentage
- Abdominal Circumference

* The entire screening process will take about 15 minutes.

This is a **fasting screening**, which means we ask that you do not eat or drink anything other than clear water. You may continue to take any required medications. Also, please avoid consuming any alcohol for 48 hours prior to your screening.

For more information, contact your TriHealth Workplace Wellbeing and Fitness team, who will be happy to assist you:

Coordinator:

Chris Buzzelli

Chris_buzzelli@trihealth.com | 513 977 0002