



Wellness event FAQ

We wanted to provide you with some information regarding our Wellness events. If you have any questions we haven't covered, please email: rosemary.martin@csun.edu

When is it?

Tuesday, Sept. 20th
9am - 3pm

Where?

Student Recreation Center

Please bring your insurance card with you for easier registration. Walk-ins are welcome if space is available!

What is a health screening and why is it important?

A health screening is a short examination that indicates your risk for certain diseases and medical conditions. It helps you understand where you should take action to improve your health.

How is the screening conducted and what information is being collected?

The screening uses certain body measurements and requires a very small blood sample from your finger. The following data is collected:

- Height and weight, which is used to calculate body mass index (BMI)
- Systolic and diastolic blood pressure
- Total cholesterol
- HDL cholesterol
- Glucose

Do I need to fast?

No, you do not need to fast prior to the health screening.

How long does the screening take?

Approximately 15 minutes.

Are the test results confidential?

All results are kept confidential. This information is to help you understand any possible health risks so you can take appropriate action to improve and maintain your health.

Who is eligible for a free biometric health screening?

All employees are invited to participate regardless of health plan.