



Remember to go to your local **Sam's Club**  
on Saturday, April 12, from 11:00 am to 3:00 pm  
for **FREE Health Screenings**

You do not have to be a member!

The screening includes **Glucose, Cholesterol, Dental Tablets, Blood Pressure, Body Mass Index (BMI), and Vision Screening/Testing.**

*Blood Pressure, BMI, Cholesterol, and Glucose are recommended the **MI Health and Wellness 4 x 4 Tool!*** In addition these tests, the 4 x 4 Tool also recommends maintaining a healthy diet, engaging in regular exercise, getting an annual physical examination, and avoiding all tobacco use.

**Locations:** 2925 Towne Center Boulevard, Lansing, MI 48912  
340 E. Edgewood Boulevard, Lansing, MI 48911

### Sam's Club Free Health Screening Schedule

<b>February</b> 02/08/2014	<b>Heart Health</b>	Glucose, Total Cholesterol, HDL (Good Cholesterol) Blood Pressure, Body Mass Index, Vision Screening/Testing
<b>March</b> 03/08/2014	<b>Allergy</b>	Allergy, Blood Pressure, Body Mass Index, Vision Screening/Testing
<b>★ April</b> 04/12/2014	<b>Oral Health</b>	Glucose, Total Cholesterol, Dental Tablets, Blood Pressure, Body Mass Index, Vision Screening/Testing

★ *This month offers the full range of tests recommended by the 4x4 Tool.*

For more information, visit <http://resources.samsclub.com/health-and-wellness/health-screening/>