



## Health Screenings

Do you know your numbers?

The Postal Service urges employees to get regular health screenings that include blood pressure, cholesterol and blood sugar level checks. They can help you and your doctor determine your risk for certain diseases and conditions, including heart disease, diabetes and obesity.

Healthy employees use less sick leave, show up for work and are more productive.

And that's smart safety!

For additional information or guidance, contact your safety office.