

A Healthier You

Presented by the Toledo Firefighters Health Plan, the YMCA and JCC of Greater Toledo
in partnership with The University of Toledo

March 19TH, 2011

6:00 am - 12noon

**Local 92 Union Hall
Toledo, OH 43604
www.tffhp.org/wellness**



Toledo firefighters and spouses are invited to participate in health screenings and receive valuable health and wellness information.

NEW Online Personal Wellness Profile Questionnaire Instructions

- Go to web site prior to January 31.
- Logon to <https://forms.tffhp.org/>
- Follow instructions
- Be sure to attend the annual health fair on Saturday, March 19 to receive all of your clinical values which will then be entered into your completed report.

All questionnaires MUST be completed online by January 31, 2011 prior to health screening.

For more information, contact Sarah Bucher at 419-725-7892 or sbucher@ymcatoledo.org.

Health Screening

- Height, weight and body composition
- Blood pressure
- Cholesterol - full lipid profile
 - *12 hour fasting recommended
- Prostate Blood Test for men over 50
- Lung function test for firefighters
- Auditory screening
- Vision screening

All Results Confidential

*12 hour fasting recommended for cholesterol screening. Fasting includes food and liquids with the exception of any medication prescribed by your physician.



THE UNIVERSITY OF TOLEDO
MEDICAL CENTER



YMCA AND JCC OF GREATER TOLEDO

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