UNI Employee Well-being Biometric Health Screening

Measure Your Progress

UNI employees may utilize the Measure Your Progress tool to track numbers from annual biometric health screenings to assist in setting wellness goals.

<table>
<thead>
<tr>
<th>Date of Annual Biometric Screening</th>
<th>Height</th>
<th>Weight</th>
<th>Body Mass Index (BMI)</th>
<th>Blood Pressure</th>
<th>Total Cholesterol</th>
<th>High Density Lipoproteins (Good Cholesterol)</th>
<th>Low Density Lipoproteins (Bad Cholesterol)</th>
<th>Triglycerides</th>
<th>Blood Glucose</th>
<th>BUN</th>
<th>Creatine</th>
<th>Calcium</th>
<th>AST</th>
<th>Iron</th>
<th>WBC</th>
<th>RBC</th>
<th>Total Blood Platelet Count</th>
<th>Voluntary Thyroid Screenings</th>
<th>Voluntary Prostate Screening</th>
<th>Voluntary Hemoglobin A1C</th>
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