



Have you had your MMR Vaccine?

- The MMR vaccine protects against measles, mumps and rubella
- If you were born before 1957, you are considered immune
- To find documentation of your vaccine records, visit the Wisconsin Immunization Registry (WIR) at www.dhs.wisconsin.gov/immunization/wir.htm.
- If you cannot find your records on the WIR, call your pediatrician

If you have not had your MMR vaccine, make an appointment at the Grande Health and Wellness Center by calling (920) 907-3922.

**2019 Health Risk Assessments:
August 1 - 31**

Certain risk factors that associate with chronic disease are measured during the Health Risk Assessment (HRA). Early detection can prevent costly medical issues such as heart disease, stroke, arthritis, respiratory disease, cancer and metabolic syndrome.

The HRA consists of two components:

- Biometric Screening*
- Online Health Questionnaire (knowandgo.org)

*The biometric screening includes measurement of vitals and a blood draw. The following health measures are tested: BMI, Blood Pressure, Fasting Blood Glucose, Cholesterol (LDL/HDL), Triglycerides and Cotinine (tobacco).

Participate in **both components** of the HRA to earn a \$650 medical premium discount for the 2020 plan year. Eligibility depends on receiving 100 points on the score-card or completing subsequent health coaching sessions. An additional \$260 medical premium discount is available if your spouse or domestic partner participates in the HRA.

Note: HRA must be completed through one of the Grande onsite clinics to qualify. Must be hired prior to 8/31/2019 to participate. Must be on Grande's medical plan to earn incentive.

Schedule your HRA today: (920) 907.3922 OR (855) 289.7517

For more information, visit www.grandehealth.com.

839

Confirmed Cases

* Data as of 5/13/2019. Each week, cases increase 15 percent.



**Across
23 States**

Measles is a virus that **SPREADS** through the air when an infected person coughs or sneezes.



The MMR Vaccine is

97%
Effective



Community Events

First Fun Run & Walk

Saturday, July 20, 2019; Beaver Dam, WI

Cost: \$25 **Website:**

<https://localraces.com/events/beaver-dam-wi/first-fun-run-and-walk>

Adrenaline Races

Saturday, July 27, 2019; West Bend, WI

Cost: \$30-70 **Website:**

<https://localraces.com/events/west-bend-wi/adrenaline-races>

Healthy Berry Yogurt Smoothie



Ingredients

- 3/4 cup fresh blueberries
- 3/4 cup blackberries fresh
- 5 1/3 ozs greek style plain yogurt
- 1 cup lowfat milk or milk alternative
- 1 whole banana

Directions

1. Pour all ingredients into a blender and blend until smooth.

Source: Under500Calories