



Human Resources

Free services available to **ALL** County employees, regardless of Kaiser membership!

Appointments are highly encouraged, but **walk-ins** are welcome!

Kaiser Mobile Health Vehicle

Take Charge of Your Health

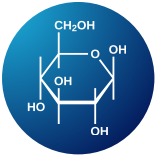
Raffle Prize

BLACKSTONE
GRIDDLE



Blood Pressure

Monitoring your blood pressure regularly helps detect early signs of heart disease and stroke, giving you the chance to take preventive action.



Glucose

Checking your glucose levels can uncover early warning signs of diabetes and support you in maintaining balanced blood sugar for long-term health.



BMI Calculations

Knowing your Body Mass Index provides a quick snapshot of whether your weight is in a healthy range and helps guide healthy lifestyle choices.



CFS Rancho Cucamonga

9518 E 9th St, Rancho Cucamonga



Wednesday, May 20

10 AM - 3 PM (1 Hour Lunch Break)

HOW TO SCHEDULE YOUR APPOINTMENT

Step 1: Create an Account

kp.org/wellnessevent

Use the sign-up code: **SanBerdo**

Step 2: Schedule Your Appointment

- Click on "**Choose Event**" to select the event.
- Pick your preferred location, date, and time, then click "**Schedule.**"
- After scheduling, you'll be taken to the "Manage My Event" page, where you can view your appointment, add it to your calendar, make changes, and access wellness resources.



Stop by to visit the Human Resources Wellness Works Here booth, even if you aren't receiving Kaiser's services. We will have giveaways and a **raffle**. Earn 500 Wellable points when you attend this event!