



# Let's talk numbers.

It's time to schedule your 2026 biometric screening and follow up.



## How to earn a \$150 wellness credit toward your 2027 medical plan:

Complete your biometric screening and provider review at any Scioto Advantage Health & Wellness Center between **1/1/2026 - 9/30/2026**.



### What biometric numbers mean for your health.

They measure vital signs and risk factors for health issues or conditions and identify potential areas for improvement. During your screening, your provider might assess your blood pressure, cholesterol levels, body mass index (BMI) and more. By getting a biometric screening, you can gain valuable insights into your health and wellbeing and can take proactive steps to improve them.



### How do I check my incentive status?

You can review your incentive status within My Premise Health. Once signed in, simply click on the "Sonic Boom Wellness" icon. Under "Currencies", you can check your progress.

## Schedule your appointment to get started.

Download the My Premise Health app or visit [mypremisehealth.com](https://mypremisehealth.com). Sign in or click "Sign up now" to create your account. Once logged in, click "Schedule an Appointment" and select "Biometric Screening Visit."

### Who can use these services?

Biometric screenings are free to employees and their spouses enrolled in the Scioto Health Plan.

### Schedule and complete your biometric screening and follow up at one of the following locations.

New Boston: 3879 Rhodes Avenue, New Boston, OH  
Paint Valley: 7454 US Hwy 50, Bainbridge OH (Inside Paint Valley High School)  
(740) 354-0292

**Please note:** Authorization is required to share your wellness incentive information with your employer. Remember to drink plenty of water and consume no other beverages or food for at least 10 hours before your biometric screening.

