# Get on a roll with your health

Our mobile health vehicle is coming to you



Here's a new spin on good health: Take care of yourself without taking time off.

Where: 900 University Ave, Riverside, CA, 92521 - Bell Tower

When: March 19, 2024

8:00 AM - 11:00 AM, 12:00 PM - 3:00 PM

What: Preventive screenings for KP members and limited screenings for all participants

#### KP members will receive preventive screenings which MAY include:

Immunizations

• Tests and Questionnaires

• Labs (if part of identified preventative care)

### All participants will receive the following services:

Blood Pressure

Height, weight, and BMI calculation

• Glucose

• Flu shots (if available)

# Follow these steps to sign up for a wellness event at your worksite:

## **Step One: Create an Account**

- Go to kp.org/wellnessevent or scan the QR code
- Use the sign-up code "UCR"
- For Returning Users: Enter your email address and password under "Returning users" and click "Submit"

## **Step Two: Schedule an Appointment**

- Select an event by clicking "Choose Event"
- Choose the location, date, and time that works best for you and click "Schedule"
- You'll land at the "Manage My Event" page where you can view your appointment details, add the event to your electronic calendar, make changes to your appointment, and access wellness resources



