

Know your numbers with a biometric screening

A yearly biometric screening is an important tool to keep an eye on your health. It helps determine your risk of chronic health conditions like heart disease and diabetes so that you can take steps to reduce these risks.



Biometric screening kit

Get a kit delivered to your home with instructions on how to collect your sample.



Physician results form

Generate a form for your physician to fill out your results.

Get tested and take control of your health

A biometric screening can help identify risk factors associated with chronic health conditions like heart disease and diabetes.



- Log in to your account at **ymca.rallyengage.com**
- Locate the **Biometric Screening** tile on the main page or on the **Explore Tab** under **Rewardable Activities**
- Select **Schedule a Screening**
- You will be taken to **LetsGetChecked** to complete your registration