



**HEALTH
IS WEALTH**

Preventive care can stop health issues before they start.

A biometric screening and health assessment can:

- Identify risks
- Improve health
- Save you \$500
- And so much more!

**Complete both steps
by November 30 to
save \$500 on your 2026
medical premium.**

Use the link or QR code below
to access help guides with
step-by-step instructions.

*Employees who opt out of the County's
medical plan and those whose health
coverage begins on July 1, 2025 or later
are exempt.*

10/28/25



Biometric Screening

A biometric screening includes bloodwork and body measurements such as blood pressure. Use the [Direct-to-Quest option](#) rather than the Physician Results Form which is a lengthy process.



Health Assessment

The online questionnaire at www.UMR.com provides a private health checkup and personalized recommendations.



Scan the QR
code with your
smartphone.

www.pinellas.gov/biometric

