



# March 2020

## Hill CHPS Screening Schedule

**Awareness Campaign: Anxiety**  
 National Nutrition Month  
 National Sleep Awareness Week (March 1-8)

**Wellness Screenings Include:**  
 Fingerstick CRP (cholesterol, triglycerides, glucose), Blood Pressure, InBody body composition. DoD CIV are eligible for all screenings, AD are eligible for body comp only.

**HRA Certificate:**  
 Visit USAFwellness.com to complete the health questionnaire and print your certificate for CHPS.




**Interested in hosting an event?**  
 Contact CHPS to schedule a wellness screening or health education class at your worksite!

**CIVILIAN HEALTH PROMOTION SERVICES**  
 7250 Balmer St.  
 Bldg. 533  
 Hill AFB, UT 84056  
 801-586-9586  
 Britlie.n.silvester@mail.mil



All calendar events are subject to change.

Visit USAFwellness.com for up-to-date information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 0700 — 0900 <b>Walk-ins</b> Bldg. 533, HAWC 0900 — 1000 <b>Blood Pressure Screening</b> Bldg. 1289, PK Main Conf. Rm. 0930 — 1030 <b>Blood Pressure Screening</b> Bldg. 843 NE, LEAN Conf. Rm. 0930 — 1000 <b>Blood Pressure/Body Composition Screening</b> Bldg. 1222, Conf. Rm.	3 0730 — 0930 <b>Cholesterol Screening</b> Bldg. CDC E, Training Rm. 1100 — 1200 <b>Blood Pressure Screening</b> Bldg. 1515, Exec. Conf. Rm.	4 0900 — 1000 <b>Blood Pressure Screening</b> Bldg. 688, Conf. Rm. 106B 1000 --1100 <b>Blood Pressure Screening</b> Bldg. 593 N, Main Conf. Rm. 1400 — 1600 <b>Walk-ins</b> Bldg. 533, HAWC	5 	6
9 0700 — 0900 <b>Walk-ins</b> 0800 — 0900 <b>Blood Pressure Screening</b> Bldg. 1207, South Conf. Rm.	10 0700 — 0830 <b>Cholesterol Screening</b> Bldg. 366, Conf. Rm.	11 0900 — 1000 <b>Blood Pressure Screening</b> Bldg. 1580, Rm. 134 1400 — 1600 <b>Walk-ins</b> Bldg. 533, HAWC	12 0730 — 0830 <b>Cholesterol Screening</b> Bldg. 1267, Conf. Rm. 0900 — 0930 <b>Blood Pressure Screening</b> Bldg. 15, Main Briefing Rm. 1100 — 1200 <b>Blood Pressure Screening</b> Bldg. 1515, Snow Conf. Rm.	13 1330 — 1430 <b>Blood Pressure/Body Composition Screening</b> Bldg. 220, Break Room
16 0700 — 0900 <b>Walk-ins</b> 0800 — 0900 <b>Blood Pressure Screening</b> Bldg. 5 Bay P, Conf. Rm.	17 0700 — 900 <b>Cholesterol Screening</b> Bldg. 593 N, Conf. Rm. 1000 --1100 <b>Blood Pressure Screening</b> Bldg. 849, Exec. Conf. Rm.	18 1000 — 1100 <b>Blood Pressure Screening</b> Bldg. 891, Read Conf. Rm. 1400 — 1600 <b>Walk-ins</b> Bldg. 533, HAWC	19 0730 — 0830 <b>Cholesterol Screening</b> Bldg. 1278, Lg. Conf. Rm. 1000 — 1100 <b>Blood Pressure/Body Composition Screening</b> Bldg. 5 Bay L, Rm. 160	20
23 0630 -- 0730 <b>Blood Pressure/Body Composition Screening</b> Bldg. 1138, Break Rm. 0700 — 0900 <b>Walk-ins</b>	24 0730 — 0930 <b>Cholesterol Screening</b> Bldg. CDC W, Training Rm. 	25 0700 -- 0900 <b>Cholesterol Screening</b> Bldg. 1102, Small Conf. Rm. 0900 — 0930 <b>Blood Pressure Screening</b> Bldg. 1A, Lg. Conf. Rm. 1400 — 1600 <b>Walk-ins</b> Bldg. 533, HAWC	26 0630 — 0730 <b>Cholesterol Screening</b> Bldg. 250, Conf. Rm.	27 
30 0700 — 0900 <b>Walk-ins</b>	31 0700 — 0900 <b>Cholesterol Screening</b> Bldg. 843 W, Rm. L15			