



A biometric screening is a short health examination that can help determine the risk level of a person with certain diseases and medical conditions and help establish a health baseline. A typical screening will take place in about 15-30 minutes, and consist of a blood draw (finger stick to test your HDL, LDL, Triglycerides and Glucose) and other basic biometrics (Blood Pressure (BP), height, weight, Body Mass Index (BMI) and waist circumference).

When you put all these numbers together, you can assess your risk for heart disease, stroke, and diabetes. These illnesses and health conditions can be prevented with early detection, which is why knowing your numbers is so important.

Biometric Screenings

The Stay Well Health Center is present at each SoNM Biometric Screening in and around the Santa Fe area. The SWHC Health Coach, Marissa Berry, is there to help you learn more about your biometric screening results. She can also assist with nutrition, exercise, and how your lifestyle effects quality of life. Appointments available Monday – Friday from 8:00 am to 3:30 pm. Start on your lifestyle change today!

The Health Center staff is there to answer any questions you have about the Stay Well Health Center and our redefined health care experience.

To see the upcoming screenings and schedule your biometric screening, please go to:

<https://sonm-biometric-screenings.acultyscheduling.com/schedule.php>