

FIRST NAME: \_\_\_\_\_

LAST NAME: \_\_\_\_\_

MEMBER NUMBER: \_\_\_\_\_

**PROGRAM REQUIREMENTS**

- Attend the first group meeting
- Attend the second group meeting
- Attend individual nutrition consultation (Required if needed)
- Submit bi-monthly (every 2 weeks) blood pressure reports
- Exercise/check in at the HCM Wellness Center 2-3 times a week for a minimum of 45 mins per session

**APPOINTMENT DATES:**

- Enrollment meeting:  
Date: Thursday, August 6, 2020  
Location: Via ZOOM  
Time: 5:30pm

**BIOMETRIC SCREENING AND FASTING BLOOD DRAW**

on one of following days:

Dates:

- Wed., Aug 12
- Thur., Aug. 13
- Fri., Aug 14
- Location: HCM Wellness Center
- Time: 6am - 11am
- Screening Time: \_\_\_\_\_

• **FIRST GROUP MEETING:**

Date: Thursday, September 3, 2020  
Location: Via ZOOM  
Time: 5:30pm

• **SECOND GROUP MEETING:**

Date: Thursday, November 12, 2020  
Location: Via ZOOM  
Time: 5:30pm

- Attend individual nutrition consultation (Required if needed)  
Date: \_\_\_\_\_  
Location: HCM Wellness Center  
Time: \_\_\_\_\_

- Submit bi-monthly (every 2 weeks) blood pressure reports at the HCM Wellness Front Desk

- |   |  |
|---|--|
| <input type="checkbox"/> Friday, August 28    | <input type="checkbox"/> Friday, November 6    |
| <input type="checkbox"/> Friday, September 11 | <input type="checkbox"/> Friday, November 20   |
| <input type="checkbox"/> Friday, September 25 | <input type="checkbox"/> Friday, December 4    |
| <input type="checkbox"/> Friday, October 9    | <input type="checkbox"/> Friday, December 18   |
| <input type="checkbox"/> Friday, October 23   | <input type="checkbox"/> Thursday, December 31 |

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