



# Know your numbers... for your good health.

## Here's how to schedule your biometric screening.

Free biometric screenings for City of Frankfort and Frankfort Utilities employees who participate in the health plan will take place from September 15 through October 16.

### Scheduling your biometric screening takes just a few minutes.

Type [booknow.appointment-plus.com/yr10m73v/](http://booknow.appointment-plus.com/yr10m73v/) into your Internet browser or scan the QR code below to access the appointment scheduling website. Appointments may also be scheduled by calling **765.605.4000**.

#### Instructions for first-time users

1. Select the service "**Biometric Nurse Visit**" in the drop-down menu.
2. Select an **Open Date**.
3. Select from one of the appointments available on that date.
4. Select **First-Time User** and then fill out the information.
5. Create a login and password.
6. Click **Finalize**.

You will be sent two separate emails after you have completed your online registration.

- The first will be a registration confirmation with the individual login you created and your password.
- The second will be an appointment confirmation listing the provider, date and time you requested.

#### Instructions for returning users

Follow the same steps as above except select **Returning User**; then enter login information.

You will receive a confirmation email after you have made an appointment.



Indiana University Health