

HUMAN RESOURCES *presents*

INBODY ASSESSMENT

FIND OUT WHAT YOUR NUMBERS MEAN

Texas Children's is pleased to offer employees the opportunity to receive an overall body composition assessment and well-being plan at no cost.

QUICK, EASY, AND PRECISE

Your assessment is quick and easy! Simply stand on the scale, grab the handles and the InBody calculates the following in 15 seconds:

- Body composition analysis – measures how much fat, bone, muscle, and water make up your total weight.
- Body fat percentage analysis – measures your total body fat percentage to help you determine your overall health.
- Segmental lean analysis – indicates how much muscle you need to gain for optimal health.

Following your assessment, you will receive a thorough report with your results and will have the opportunity to consult with our Texas Children's Well-Being Team. Together we will work to create your own personalized well-being plan that focuses on your results and what you want to achieve.

SCHEDULE YOUR ASSESSMENT TODAY!

For more information or to schedule an appointment, please contact the Well-Being team at wellbeing@texaschildrens.org.



BROUGHT TO YOU BY YOUR EMPLOYEE HEALTH & WELL-BEING TEAM.

