



# “Know Your Numbers” 2023/24



## BUILDING LEADER & CHAMPION INSTRUCTIONS

PATH participants who work with their primary care provider to learn their health risks and what to do about them can receive 25 PATHpoints for turning in the Know Your Numbers form.

### The Process:

- 1) Fill in the “Participant Instructions” section on the bottom of the “Know Your Numbers” form (next page). Copy the form and make it available to eligible employees\*.
- 2) Employees who have completed the form must turn it in to you by **June 1<sup>st</sup>**.
- 3) As employees hand in their signed forms (or no later than June 15<sup>th</sup>), process their Know Your Numbers points by using the automated functionality on the “Manage Organization” screen in your PATH account.
- 4) Shred each form once you have awarded their Know Your Numbers points.

**QUESTIONS? PATH Contacts:** Amy Gilbert; amy@vsbit.org; (802) 223-5040 ext. 214  
Ashley Johnson; ashley@vsbit.org; (802)223-5040 ext. 229  
Jessica Valler; jessica@vsbit.org

**Thank you for helping your co-workers become savvier about their health status!**

\* Eligible = all school employees who are in the building on a regular basis (those on COBRA, school board members and short-term subs are not eligible).





# “Know Your Numbers” 2023/24



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

SCHOOL/BUILDING: \_\_\_\_\_

NAME OF HEALTH CARE PROVIDER: \_\_\_\_\_

DATE OF VISIT: \_\_\_\_\_

### WELLNESS INFORMATION RECEIVED:

Check those that apply — Please **DO NOT** submit numbers on this form

- CHOLESTEROL
- BLOOD PRESSURE
- BLOOD SUGAR
- OTHER SCREENING/UPDATES
- OTHER RISK RELATED INFORMATION

PHYSICIAN/HEALTH CARE PROVIDER SIGNATURE: \_\_\_\_\_

*I agree that this patient has participated in a health checkup to identify their risks and make a plan.*

PATIENT SIGNATURE: \_\_\_\_\_

*I now have my current health information and recognize its meaning and importance.*

#### PARTICIPANT INSTRUCTIONS

**To earn 25 PATHpoints you must...**

Return this form to \_\_\_\_\_ **no later than June 1, 2024.**

25 PATHpoints will be added to your PATH account on or before June 15, 2024.

(only one Know Your Numbers form per points year will be accepted)