

Free Health Screenings

POWERED BY **INOVA WELL**

Know Your Numbers

Stop by the **Inova Well** table to receive your **free cardiometabolic screening**. We will measure key health markers that help identify early risk for heart disease, diabetes, and other chronic conditions.

No Cost. No Insurance Required.

Screenings Available:

These screenings are **completely free** for symposium attendees.



Blood Pressure



Lipid Panel
HDL and LDL



Blood Glucose



Hemoglobin A1c

Schedule Your Screening

Scan the QR Code to reserve your screening time





Know Your Numbers

WHY IT MATTERS

Heart disease remains a leading health risk for fire fighters and first responders

Knowing your numbers can help detect early signs of **cardiovascular disease**, **prediabetes** or **diabetes**, and **metabolic risk factors** that **impact performance** and **long-term health**.

Early awareness allows you to take action and stay strong, healthy, and operationally ready.



2026 Fire & Health Safety Symposium

**Friday, March 13, 2026
6:30 AM - 6:00 PM**

**Crystal Gateway Marriott
1700 Richmond Highway
Arlington, VA 22202**



BOOK NOW

**Appointments available
between**

7AM and 3PM