

PLANO FIRE-RESCUE

# Wellness & SAFETY PROGRAM



Plano Fire-Rescue  
would like to offer you a  
**FREE** medical screening  
and home safety check!



Plano Fire-Rescue personnel will come to your home and conduct simple medical tests and check your home for fire and injury risks. The best part of it all is that our Wellness and Safety Checks are free to Plano residents age 18 years and older!

## Medical screenings include:

- > Height and Weight
- > Temperature
- > BMI (body mass index)
- > Waist circumference
- > Body fat and or body composition
- > Blood pressure
- > Pulse rate
- > Blood glucose
- > Cholesterol level

## Home safety check includes:

- > Existing smoke and carbon monoxide alarms
- > Trip and slip hazards
- > Fire hazards
- > Fire escape routes

Fire personnel are happy to answer questions about the medical screenings and home safety checks.

Call 972.941.7424 or visit  
**[plano.gov/wellnessprogram](http://plano.gov/wellnessprogram)**  
for more information.

View the informational video here:  
<http://youtu.be/83OABedLdZE>

To schedule a Wellness & Safety visit  
please call 972.941.7424.

