



## Take steps to a healthier you

Knowing important numbers—like your blood pressure, glucose (blood sugar), cholesterol, and Body Mass Index (BMI)—can help your health in the long term. All Cisco employees and their spouses/domestic partners can get a free biometric screening on campus to check these numbers. (It is recommended that you fast at least nine hours prior to your screening, which takes fewer than 30 minutes.)

After your screening, you will receive your results with specific guidelines that you should discuss with your doctor or a physician at the LifeConnections Health Center. We also recommend you meet with a LifeConnections personal trainer or nutritionist to work on maintaining or improving your numbers.

Make an appointment for your screening at the LifeConnections location nearest to you.

## Cisco onsite health screening locations

### LifeConnections Health Center

#### San Jose, California

3571 North First Street  
Building Q, Suite 200 (2<sup>nd</sup> floor)  
San Jose, California 95134

Phone number: 408 424-2000

Appointments available: Monday through Friday,  
8 a.m.–7 p.m.; Saturdays, 9 a.m.–4 p.m.

#### Research Triangle Park, North Carolina

7100 Kit Creek Road  
Building 9, Suite 180 (1<sup>st</sup> floor)  
Research Triangle Park, North Carolina 27709

Phone number: 919 392-2002

Appointments available: Monday through Friday,  
8 a.m.–7 p.m.; Saturdays, 8 a.m.–4 p.m.

### LifeConnections Fitness Center

#### Boxborough, Massachusetts

300 Beaver Brook Road  
Building 300, 1<sup>st</sup> floor  
Boxborough, Massachusetts 01719

Email: [bxbscreenings@cisco.com](mailto:bxbscreenings@cisco.com)

Phone number: 978 936-5438

By appointment only.

#### Richardson, Texas

2300 East President George Bush Highway  
Building 6, 1<sup>st</sup> floor  
Richardson, Texas 75082

Email: [RCDN-Screenings@cisco.com](mailto:RCDN-Screenings@cisco.com)

Phone number: 469 255-8023

By appointment only.

#### Lawrenceville, Georgia

5030 Sugarloaf Parkway  
3.T.501  
Lawrenceville, Georgia 30044

Email: [HealthScreeningsLWR@cisco.com](mailto:HealthScreeningsLWR@cisco.com)

Phone number: 770 236-1028

By appointment only.