BooneHealth

FREE A1C & Blood Pressure Screenings

BOONE HOSPITAL Foundation

Screenings & Education Provided by:

Boone Health Community Wellness Team

SATURDAY 10/3/2026	Food Bank Market 705 Business Loop 70 West Columbia, MO	10 AM - 2 PM

HOW TO PREPARE FOR YOUR SCREENING:

Drink plenty of water – fasting is not required.

A1C: Blood test for type 2 diabetes and prediabetes. Measures average blood glucose, or blood sugar levels over the past 3 months.

- Results & Education within 10-minutes
- Fingerstick

BP: Measures the force of blood flowing through your ateris. Helps identify high blood pressure (hypertension), a major risk factor for heart diseas and stroke.

the FOOD BANK MARKET