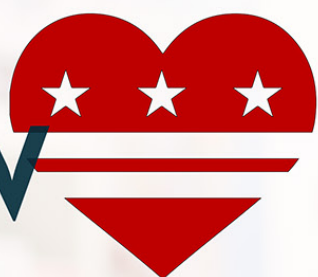


KNOW YOUR NUMBERS

APRIL 7 - APRIL 30



dchr GOVERNMENT OF THE DISTRICT OF COLUMBIA
DC MURIEL BOWSER, MAYOR

Onsite Biometric Screenings, Employee Rewards, and Wellness Activities - All In One Place!

In partnership with our healthcare vendors, the DC Department of Human Resources will host a free employee onsite biometric health screenings tour in April 2026.

Our mission is to help you and your teams **KNOW YOUR NUMBERS** - cholesterol, blood glucose, blood pressure, and body composition - to identify your current level of well-being and be able to create a plan for health prevention and disease management.

Join us and schedule your biometric screening at one of our DC Government locations. Plus, experience wellness activities hosted by the District Wellness Leaders to support your well-being. Don't miss this opportunity to prioritize your health, earn exciting rewards, and enjoy wellness activities - all in one place!



LEARN MORE AT
[DCHR.DC.GOV](https://dchr.dc.gov)

2026 Biometric Health Screenings Locations

DATE	TIME	LOCATION
Tuesday, April 7	10:00 am – 2:00 pm	DC Human Resources (DCHR) 1015 Half Street SE 9th Floor
Wednesday, April 8	10:00 am – 2:00 pm	Marion S. Barry, Jr. Building 441 4th Street, NW Old Council Chambers
Tuesday, April 14	10:00 am – 2:00 pm	Department of Buildings (DOB) 1100 4th StSW 3rd Floor
Wednesday, April 15	10:00 am – 2:00 pm	District Department of Transportation (DDOT) 250 M Street, SE Conference Room 124
Wednesday, April 22	10:00 am – 2:00 pm	Department of General Services (DGS) 3924 Minnesota Avenue, NE 1st Floor Conference Room
Tuesday, April 28	10:00 am – 2:00 pm	DC Department of Health (DC Health) 2201 Shannon Place, SE 7th Floor
Wednesday, April 29	10:00 am – 2:00 pm	Office of Planning (OP) 899 North Capitol Street NE 1st Floor Bloomingdale and Chinatown Conference Rooms
Thursday, April 30	10:00 am – 2:00 pm	Department of Energy and Environment (DOEE) 1200 First Street, NE 5th Floor Room 509