

# Know your numbers

## February 3 - 28



Get to Know Your Numbers and take active steps towards better heart health with an onsite metric screening.

Metrics in **RED** will be taken at select locations by First Choice Occupational Health.

**Blood Glucose** 


**Resting Heart Rate** 

**Cholesterol Levels** 

**Body Height** 

**Body Weight** 

**Blood Pressure** 

**Body Mass Index** 

## 2025 Schedule

Locations highlighted in yellow will offer Biometric Screenings that qualify for the MotivateMe® program.

Monday, February 3	Tuesday, February 4	Wednesday, February 5	Thursday, February 6	Friday, February 7
	Harlem Terminal 7 am - 11 am	West Shops 7 am - 11 am	103rd St. Garage 10 am - 2 pm	O'Hare 10 am - 2 pm
		Chicago Ave. Garage 12 pm - 4 pm		
Monday, February 10	Tuesday, February 11	Wednesday, February 12	Thursday, February 13	Friday, February 14
	Kimball Terminal 7 am - 11 am	Forest Glen Garage 7 am - 11 am	Kedzie Garage 10 am - 2 pm	Control Center 10 am - 2 pm
		North Park Garage 12 pm - 4 pm		
Monday, February 17	Tuesday, February 18	Wednesday, February 19	Thursday, February 20	Friday, February 21
	Forest Park Terminal 7 am - 11 am	South Shops 7 am - 11 am	74th St. Garage 10 am - 2 pm	Warehouse 7 am - 11 am
		77th St. Garage 12 pm - 4 pm		
Monday, February 24	Tuesday, February 25	Wednesday, February 26	Thursday, February 27	Friday, February 28
	Howard Terminal 7 am - 11 am	Skokie Shops 7 am - 11 am	Midway Terminal 10 am - 2 pm	95th St. Terminal 10 am - 2 pm
		CTA Headquarters 10 am - 2 pm		