

## REGISTRATION INSTRUCTIONS – Know Your Numbers

STEP 1: Click on the “REGISTER” Button

UNIVERSITY OF CALIFORNIA Learning Center

ILT Class  
**KNOW YOUR NUMBERS**  
20 Minutes

Completion Status: 0%  
**REGISTER**

**Know Your Numbers**

1. 7:30 - Know Your Numbers  
2. 7:45 - Know Your Numbers  
3. 8:00 - Know Your Numbers  
4. 8:15 - Know Your Numbers  
5. 8:30 - Know Your Numbers  
6. 8:45 - Know Your Numbers  
7. 9:00 - Know Your Numbers

**DETAILS** **ACTIVITIES**

You need to complete 1 of the 10 activities below to complete this program.

ILT Class  
**7:30 - Know Your Numbers**  
9/20/2019 7:30 AM PDT - 7:45 AM PDT (View in my time zone)  
20 Minutes

**OPTIONS**

ILT Class  
**7:45 - Know Your Numbers**  
9/20/2019 7:45 AM PDT - 8:00 AM PDT (View in my time zone)  
20 Minutes

**OPTIONS**

STEP 2: Click on the “ADD” button

### OFFERINGS

Select an activity

ILT CLASS  
**Know Your Numbers**

2 Available Seats

9/19/2019 11:55 PM PDT

9/20/2019 7:30 AM PDT - 9/20/2019 10:00 AM PDT (View in my time zone)






Tang Center - Education Center, Tang Center - University Health...

**ADD**

### REGISTRATION NOTES

Cost for the screening is \$10.00. Please bring exact cash or check (made out to UC Regents) with you to your appointment date and time. Parking is available in the RSF parking lot with a valid F/S or C parking permit, or on metered street parking along Bancroft and Oxford. Please arrive no earlier than 5 minutes for your scheduled appointment time. Screening may take up to 30 minutes.

**STEP 3:** Choose desired appointment time and click “ADD”.







	ILT CLASS <b>Know Your Numbers</b>	 2 Available Seats	 9/19/2019 11:55 PM PDT	 9/20/2019 7:30 AM PDT - 9/20/2019 10:00 AM PDT ( <a href="#">View in my time zone</a> )	<a href="#">REMOVE</a>
		 Tang Center - Education Center, Tang Center - University Health...			







**REGISTRATION NOTES**







Cost for the screening is \$10.00. Please bring exact cash or check (made out to UC Regents) with you to your appointment date and time. Parking is available in the RSF parking lot with a valid F/S or C parking permit, or on metered street parking along Bancroft and Oxford. Please arrive no earlier than 5 minutes for your scheduled appointment time. Screening may take up to 30 minutes.

**ACTIVITIES (10)**

You must select 1 activity(s)

	ILT CLASS <b>REGISTRATION ALLOWED</b> <b>7:30 - Know Your Numbers</b>	 3 Available Seats	 9/19/2019 11:55 PM PDT	<a href="#">ADD</a>
	 BEUHS619-190920A	 Tang Center - Education Center, Tang Center - University Health...		
	 9/20/2019 7:30 AM PDT - 9/20/2019 7:45 AM PDT ( <a href="#">View in my time zone</a> )			

	ILT CLASS <b>REGISTRATION ALLOWED</b> <b>7:45 - Know Your Numbers</b>	 5 Available Seats	 9/19/2019 11:55 PM PDT	<a href="#">ADD</a>
	 BEUHS619-190920B	 Tang Center - Education Center, Tang Center - University Health...		
	 9/20/2019 7:45 AM PDT - 9/20/2019 8:00 AM PDT ( <a href="#">View in my time zone</a> )			

	ILT CLASS <b>REGISTRATION ALLOWED</b> <b>8:00 - Know Your Numbers</b>	 2 Available Seats	 9/19/2019 11:55 PM PDT	<a href="#">ADD</a>
	 BEUHS619-190920C	 Tang Center - Education Center, Tang Center - University Health...		
	 9/20/2019 8:00 AM PDT - 9/20/2019 8:15 AM PDT ( <a href="#">View in my time zone</a> )			

**STEP 4:** View the Registration Summary located on the right and click “REGISTER”.

**REGISTRATION SUMMARY**  
To remove a selected activity from the list, click ✕

ILT COURSE  
**Know Your Numbers Health Screening (\$10 fee)**

▼ ILT CLASS ✕  
**Know Your Numbers**

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ILT CLASS ✕  
**8:00 - Know Your Numbers**

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**CANCEL** **REGISTER**

**STEP 5:** You have successfully registered when you receive this banner. Check your email from [noreply@sumtotalsystems.com](mailto:noreply@sumtotalsystems.com) for your registration confirmation.

🔔 Congratulations! You have completed the registration process. Please look at the details below for more information about your registration status and activity progress.

Registered for 8:00 - Know Your Numbers 🔗 Inbox x



noreply@sumtotalsystems.com  
to me ▾

🕒 11:20 AM (0 minutes ago) ☆ ↩ ⋮

	<p><b>8:00 - Know Your Numbers</b></p> <p>When Fri Sep 20, 2019 8am - 8:15am (PDT)</p> <p>Where Tang Center - University Health Services/Tang Center - Education Center</p> <p>Who noreply@sumtotalsystems.com*</p>	<p><b>Agenda</b> Fri Sep 20, 2019</p> <p><i>No earlier events</i></p> <p>6:30am Know Your Numbers (Hold)</p> <p>8am <a href="#">SM - WA Registration Check</a></p>
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CORI EVANS,  
Your registration is confirmed for Know Your Numbers. See below for details.

Activity name: 8:00 - Know Your Numbers  
Start date: 9/20/2019 8:00:00 AM PDT  
End date: 9/20/2019 8:15:00 AM PDT  
Activity description: Please choose and register for an appointment time slot listed under this class session. Offered by Be Well at Work - Wellness Program.

Know Your Numbers is a voluntary, fasting health screening including total cholesterol, HDL, LDL, and triglycerides, glucose, blood pressure, weight and waist circumference. Receive your confidential results (seen only by Be Well at Work - Wellness Program staff) and resources for follow-up immediately.

Appointments offered every 15 minutes. 9-12 hours fasting REQUIRED. Plan for 20-30 minutes to complete the screening.

Cost for the screening is \$10.00. Please bring exact cash or check (made out to UC Regents) with you to your appointment date and time.

READ TESTIMONIALS AT: <https://uhs.berkeley.edu/facstaff/wellness/calendar>  
Student notes: