



Stay well with a yearly health check

Vera's Annual Whole Health Evaluation is a simple three-part preventive checkup that gives a clear picture of your health— and empowers you to make informed decisions moving forward.

Support and Police Professionals enrolled in the CCSD medical plan have access to Vera for **free**. Really.

How it works:



Health screening

Quick measurements and a finger poke to get your numbers. It only takes a few minutes.



Wellness visit

Take your time talking with your provider about current issues or concerns. No topic is off the table.



Coaching Connection

Work with your Health Coach to take what you learned and turn it into action.

Schedule your appointment by calling (888) 801-8372 or scan the QR code to learn more.

