Find the health station located in your office and follow the steps below to get started

- Sit down and select one or all test to get started
- Create a free account* to save and track your results
- Proceed to take your test and get your results

*Measure your blood pressure, pulse, weight, and body mass index at the station. A higi account is not required to use the station, but creating one is free and includes significant benefits. View a history of your higi check-ins online at higi.com or on the higi mobile app (available in the app store and Google Play). Get connected at higi.com.