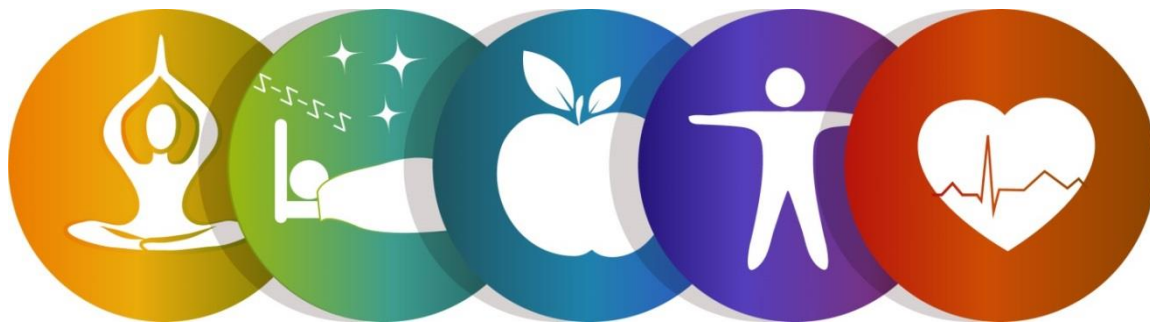


Annual Living Well Employee Health Screen & Flu Shot Events



Get In Check With Your Health! Sign Up Today!

Event Details:

| | | |
|-----------------------|---------------|-----------------------------|
| Tuesday, October 10 | 8:00am-5:00pm | Kilcawley Center- Ohio Room |
| Wednesday, October 11 | 8:00am-5:00pm | Kilcawley Center- Ohio Room |
| Tuesday, October 17 | 8:00am-5:00pm | Kilcawley Center- Ohio Room |
| Wednesday, October 18 | 8:00am-5:00pm | Kilcawley Center- Ohio Room |

Register: Go to wellness.ysu.edu (*contact Carrie Clyde to schedule a spouse/domestic partner)

Contact: Carrie Clyde, Wellness Coordinator 330.941.3360 or crclcyde@ysu.edu

Remember to bring your Medical Mutual insurance card to the screening.

The onsite health screenings are voluntary and confidential. They take approximately 20 minutes to complete. Screenings are available to all benefit eligible employees and spouses/domestic partners* covered under YSU's Medical Mutual insurance plan. The screenings are designed to assist you in identifying potential health risks such as diabetes, high blood pressure, and elevated cholesterol. The screenings will help you become more aware of your biometric numbers and may also help you in taking action to improve your health and overall well-being.

● Screenings that will be performed

This is a non-fasting screen. A finger stick will be done to measure total blood cholesterol levels, HDL (good cholesterol) and glucose (blood sugar levels). Also measured are blood pressure, height, weight, body mass index, and waist circumference. The results will be available before you leave the screening and you will sit down with a nurse to review your results.

Your screening values can be incorporated into the online Health Assessment on the [Living Well portal](#). The questionnaire will help evaluate your current lifestyle such as eating, exercise habits, and other health related behaviors. The Health Assessment will help you identify any potential health risks; and if necessary a game plan on how to improve your health habits for optimal well-being.

● Flu Shots are available

Flu shots will be offered at all of the screening events. Upon registering for your health screen appointment, simply specify if you would like to receive a flu shot to ensure we have enough of the vaccine on hand that day.

● Incentive for Participation

Employees will receive points through the Living Well 2017 Incentive Earning Campaign towards a monetary incentive (\$25 for completion of the health screen and \$25 for Health Assessment if completed by 10/31/17). Spouses/domestic partners who participate in the health screen will receive a \$25 monetary incentive added into the employee's paycheck under Wellness Incentive Award.

Please be aware that YSU Wellness Incentives and Reimbursements are considered taxable income and subject to withholding.

