

HealthyU Wellness Screenings

Do You Know Your Numbers?

We will be conducting an on-site biometric screening and wellness education program. HealthyU is provided at no additional cost to you. It is designed to help you understand your current health status and how to take steps to improve your personal wellbeing.

What you need to know before your screening:

All your personal information will be kept confidential. The screening will include a blood draw, health questionnaire and BMI measurement. Please fast for 9-12 hours prior to your screening. Take medications as directed by your doctor. Drink plenty of water before and after your screening. Wear comfortable clothing with short sleeves, or layers.

You'll receive:



A confidential personal health report that evaluates your current health status and provides methods to help maintain or improve it.



An individual health risk assessment with health improvement recommendations.



Free access to online health coaching and support services and printed educational tools.

HealthyU On-Site Screening

To be scheduled after open enrollment.

