

## **Know Your Numbers & Live Well Longer!**

HR POWER UP Employee Wellness has partnered with Blue Cross Blue Shield of TX (BCBSTX) HealthSelect and Catapult Health to bring no-cost Preventive Health Check-ups to the University of Houston! **Preventive Health Check-ups** will be conducted on **Monday, June 26 and Tuesday, June 27, from 8:00 AM to 3:00 PM, in the Student Center North, second floor Synergy Room 212.** Active employees enrolled in the HealthSelect of Texas® or Consumer Directed HealthSelect<sup>SM</sup> plan who have *not* had a preventive screening completed in the last 12 months are eligible to participate. If you are enrolled in the HealthSelect of Texas plan, you must have a PCP on file with BCBSTX to receive in-network benefits. Having a PCP on file ensures you will not be charged for these services.

*\*If you have a Kelsey-Seybold PCP on file with BCBSTX, you are not eligible to participate in a Catapult checkup and must get your preventive services through Kelsey-Seybold.*

These preventive checkups provide you with important measurements that can help improve and protect your health and wellbeing. By knowing your numbers, you can take steps now to prevent cardiovascular and other disease and live well longer!

**On-campus appointments take less than 30 minutes, and each check-up includes the following no-cost tests and services:**

- Total cholesterol
- High Density Lipids (HDL)
- Low Density Lipids (LDL)
- HDL Ratio
- Triglycerides
- Hemoglobin A1C
- Health screening questionnaires

- Blood pressure
- Abdominal circumference
- Body Mass Index (BMI)
- Height & Weight
- One-on-one video consult with a board-certified nurse practitioner that can be scheduled at your convenience; and
- Access to a secure patient portal to view your comprehensive personal health report and action plan

**Eligible participants must have their BCBSTX medical card with them** and are asked to wear clothing that allows for easy access to the arm. While fasting is recommended, it is not required to receive these screenings.

**As an incentive to engage in this preventive health check-up**, HR POWER UP Employee Wellness will accept participation in the on-site Preventive Health Check-up as the physical exam requirement for **Wellness Leave**. Please note these no-cost screenings are not meant to replace one's annual physical exam but rather to encourage those who do not normally receive a physical exam to begin doing so yearly.

**Screening appointments are limited so please book your appointment for Monday, June 26 or Tuesday, June 27, now by clicking **HERE**.**

For more information, please contact Court Stein, Wellness Administrator, at [cstein@central.uh.edu](mailto:cstein@central.uh.edu).

Thank you,

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