



## Employee Wellness is coming to you!

**Blood lipid screenings will be held in:**

**Lindquist Hall**

**Room 107**

**Thursday, April 7**

Screenings will occur every 15 minutes starting at 8:30 am, and ending by 11:00 am. You can register for this appointment by using the calendar function located in your Employee Wellness Account.

**During your appointment, your blood lipids will be tested for:**

- Total Cholesterol
- HDL Cholesterol
- Triglycerides
- Glucose

Blood pressure, height, and weight will also be measured.

## It Pays to Participate in the Employee Wellness Program!

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### Wellness Pays Bonus Program

The Bonus Program is only available to *employees and spouses* covered under a WSU PEHP medical policy

- Complete a Health Risk Assessment
  - Complete a Blood Lipid Screening **OR** the TLC program
  - Complete a Health Improvement Activity
  - **Earn \$300**
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### Wellness Pays Rewards Program

The Rewards Program is open to all *benefits eligible employees*

- Complete activities such as:
- Annual Medical Exams
- Various Physical Activities
- Other Healthy Behaviors
- **Earn up to \$200 each calendar year**



**WEBER STATE UNIVERSITY**  
Employee Wellness