Employee Wellness is coming to you!

Blood lipid screenings will be held in:

Student Services Center
Room 167
Thursday, February 3

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!

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

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