



Memorial
Health & Lifestyle Center™

Healthy
Living
Is
Important
Screenings for faculty and staff

FREE HEALTH SCREENINGS FOR WEB MD'S HEALTH QUOTIENT

- Screenings Include:
- Height
 - Weight
 - Body Fat
 - Blood Pressure
 - Total Cholesterol
 - Triglycerides
 - Glucose
 - HDL ("good" cholesterol)
 - LDL ("bad" cholesterol)
 - TC/HDL Ratio

**Try to fast 4 hours prior to your appointment.*



Screenings are the first step in completing the WebMD Health Quotient

Campus Screenings for WebMD's Health Quotient (HQ)

Date	Location	Hours
Monday, September 21	Mendoza (Room 339)	9am-6pm
Tuesday, September 22	Mendoza (Room 339)	8am-5pm
Thursday, September 24	LaFortune (Dooley Room)	9am-6pm
Friday, September 25	LaFortune (Dooley Room)	8am-5pm
Saturday, September 26	Memorial Health & Lifestyle	8am-12pm
Friday, October 2	Mason Center	7am-4pm
Tuesday, October 6	Library (Concourse)	9am-6pm
Wednesday, October 7	Library (Concourse)	8am-5pm
Thursday, October 8	North Dining Hall (Gold Room)	9am-6pm
Friday, October 9	North Dining Room (Gold Room)	7am-4pm
Saturday, October 10	Memorial Health & Lifestyle	8am – 12pm
Thursday, October. 15	Grace (Lower Level)	9am -6pm
Friday, October 16	Grace (Lower Level)	8am-5pm
Wednesday, October 21	RSRC – Irish Health	12pm-7:30pm
Thursday, October 22	RSRC – Irish Health	7:30am-1pm
Wednesday, October.28	South Dining Hall (Oak Room)	9am-6pm
Saturday, October 31	Memorial Health & Lifestyle	8am-12pm

Early screenings available on campus **every Tuesday and Thursday beginning July 21 through September 17 from 7:00 a.m. - 11:00 a.m.**
in Lower Level Grace Hall.

Dates, times, and locations are subject to change.

Call *askHR* at 631-5900 today to schedule your appointment.