

Night Shift Health Screenings

for benefit-eligible faculty/staff and enrolled spouses



Take charge, check up, cash in!

The entire University benefits when each of us is well, but **you** could wind up with an **extra \$1,000** in addition to your **\$120–\$180 credit**. Here's how:

1 Get a screening

Take charge of your health and wellness with this free checkup. You'll learn where you stand on such indicators as blood pressure, weight, cholesterol, body mass index, and more.

Screenings are also available by appointment at the Notre Dame Wellness Center or at your own provider.

Note: fasting for 8 hours prior to the screening is recommended.

2 Complete Your HRQ

Your HRQ (Health Risk Questionnaire) is a free, confidential online assessment of your wellness and potential risks. Once your screening results are entered and you complete the questionnaire, you will receive a detailed report to help you take charge and make positive change.

Available **Sept. 1** through Nov. 7 at wellnesscenter.nd.edu.

3 Get a \$120–\$180 credit, and a chance to win \$1,000!

Benefit-eligible faculty and staff who complete a screening **and** Your HRQ by Nov. 7 will receive an automatic **\$120 credit**,* plus entry into a drawing for one of **five \$1,000** prizes!

Employees whose eligible spouse completes a screening **and** Your HRQ by Nov. 7 will receive an additional \$60 credit.*

Wellness Center Thursday, Oct. 2 10 p.m.–2 a.m.

Fasting for 8 hours prior to the screening is recommended.

To schedule your on-campus screening, call askHR at 631-5900. For more on-campus screening dates and locations visit hr.nd.edu/benefits.



*Visit hr.nd.edu/benefits for more information.