



Healthy Living is Important For you, for your family, for campus

Screenings for Faculty, Staff and Their Spouses

Why get a Health Screening?



The Health Screening is the first step to improving your health by learning about your current biometric values.

MY PERSONAL RESULTS

Total Cholesterol	<200
Triglycerides	<150
Glucose	<100 fasting
HDL	>40
LDL	<130
TC/HDL Ratio	4.5 or less
Age:	
Height:	
Weight:	
Body Fat %	<19 men; <26 women
Blood Pressure	<120 systolic; <80 diastolic

Where Can I Get a Health Screening?

Date	Location	Hours
Wednesday, August 3	Grace (Lower Level)	7am-11am
Wednesday, August 10	Grace (Lower Level)	7am-11am
Wednesday, August 17	Grace (Lower Level)	7am-11am
Wednesday, August 24	Grace (Lower Level)	7am-11am
Wednesday, August 31	Grace (Lower Level)	7am-11am
Wednesday, September 7	Grace (Lower Level)	7am-11am
Thursday, September 8	Eddy Street Commons	8am-2:30pm
Wednesday, September 14	Grace (Lower Level)	7am-11am
Monday, September 19	Mendoza (Room 339)	9am-5pm
Tuesday, September 20	Mendoza (Room 339)	8am-5pm
Thursday, September 22	LaFortune (Dooley Room)	9am-5pm
Friday, September 23	LaFortune (Dooley Room)	8am-5pm
Friday, September 30	Mason Center	6am-4pm
Tuesday, October 4	Library (Concourse)	9am-5pm
Wednesday, October 5	Library (Concourse)	8am-5pm
Friday, October 7	North Dining Hall (Gold Room)	9am-5pm
Thursday, October 13	Grace (Lower Level)	9am-5pm
Friday, October 14	Grace (Lower Level)	8am-5pm
Tuesday, October 18	RSRC – Irish Health	12pm-6:45pm
Wednesday, October 19	RSRC – Irish Health	7:30am-11:30 am
Saturday, October 22	Memorial Health & Lifestyle	8am – 11:30 am
Wednesday, October 26	South Dining Hall (Hospitality Room)	9am-5pm
Thursday, October 27	South Dining Hall (Hospitality Room)	8am-5pm
Saturday, October 29	Memorial Health & Lifestyle	8am-12pm

Dates, times, and locations are subject to change.

What is the cost?

FREE!

How Do I Schedule a Health Screening?

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

What Do I Do With the Information?

For your convenience, Memorial Health & Lifestyle Center has collaborated with WebMD to enter the results of your screenings directly into your online WebMD Health Risk Assessment. If your screening is completed by a provider other than Memorial Health & Lifestyle Center, have them write down the results so that you can enter them when you complete the HQ assessment.



What is HealthQuotient?

HealthQuotient is a **confidential** health risk assessment tool for all eligible faculty and staff, and spouses covered under our medical plans. Questions on the health assessment tool include current and past health conditions, life-style behaviors, readiness to change and health care resource utilization. Based on the information you enter in the HealthQuotient, a personal health report will provide a detailed evaluation of your current health status, identify personal health risks and create a customized plan to help reduce your risks.

Is it confidential?

Your privacy is protected both during the screening process and afterward. The University of Notre Dame does not receive information linking your screening results to you. Here's what happens:

1. Your screening is conducted by the Memorial Health & Lifestyle Center, and they will enter your results into your personal WebMD Health Risk Assessment. After your screening is complete, your results will be written inside a pamphlet provided at the time of the assessment. You may save it and you'll have a record of your results from year to year.
2. Between October 1 and November 4, 2011, you will need to complete the remainder of your WebMD HQ through a secure website at www.healthycampus.nd.edu.

NOTE: Additional pamphlets are available at 200 Grace Hall.

How much does it cost?

FREE! In fact, we'll even give you a **BONUS** for completing HealthQuotient! All full-time faculty and staff who complete the HealthQuotient during the month of October, will receive a **\$120** credit toward their medical plan contribution for 2012 (\$10 per month). If your spouse is also covered on the University's medical plan and they too complete the assessment, an additional **\$60** credit will be applied to your 2012 medical plan contribution.



Don't Forget Your Spouse!