2017 living WELL
Employee Wellness Program Enrollment
(For WSU Benefit Eligible Employees 51%+ FTE)

Biometric Screenings
SIGN UP NOW!
*Fasting Required*

<table>
<thead>
<tr>
<th>Date (2017)</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 31</td>
<td>Main Campus-Med Sci 111</td>
<td>8:00am-12noon</td>
</tr>
<tr>
<td>February 1, 2, 7, 8, 9, 10 &amp; 27</td>
<td>Lake Campus-187 Andrews Hall</td>
<td>8:00am-12noon</td>
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<tr>
<td>February 16</td>
<td>Lake Campus-187 Andrews Hall</td>
<td>8:00am-12noon</td>
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<tr>
<td>March 10</td>
<td>Dayton STEM School Research Park and DSS employees are encouraged to sign up for this location.</td>
<td>8:00am-12noon</td>
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</tbody>
</table>

How to Schedule an Appointment:
- Visit [www.cincyhealthworks.com](http://www.cincyhealthworks.com) and click “Portal Login” (green button at top).
  **Note:** For security purposes, all passwords from last year have been reset. Everyone should follow instructions under “If you are logging in for the first time” to complete the username/password, **BUT** use last 4 digits of University ID for username, not last 4 of SSN.
- Or call HealthWorks at 513-751-1288

Biometric Screening (No Charge):
- Cholesterol Profile & Glucose (finger stick)
- A1-C Screening (finger stick)
- Blood Pressure Screening
- Height, Weight and Body Mass Index (BMI)
- Waist Circumference
- 2-page Biometric Screening Personal Report

**Results are most accurate with an 8-10 hour fast.**
**Drinking water before is highly encouraged. You may have black coffee or tea.**

For additional questions call Employee Wellness (937) 775-5256