You can’t see them. You can’t feel them. But they’re there.

If left untreated, high blood pressure, high cholesterol, and high blood sugar can lead to serious lifelong health conditions such as heart disease, diabetes, and stroke.

Why am I receiving this mailing?
As the University of Pittsburgh continues to build the foundation for a culture of wellness, a free biometric screening will be offered to faculty and staff covered by the University's medical plans (Panther Gold, Panther Advocate, Panther Plus, and Panther Basic).

Why should I participate?
The screening will provide information about your cholesterol, blood sugar, body mass index, and blood pressure. After your screening, you can review your results with a UPMC Health Plan health coach.

How do I sign up?
You can schedule a screening time by calling a UPMC Health Plan Health Care Concierge at 1-888-499-6885 or by logging into My.Pitt.edu and following this path: MyResources > UPMC Health Plan > MyHealth Access > Better Health & Wellness > Biometric Screening Registration

Do I need to prepare?
For the best blood sugar and cholesterol readings, you should fast for 12 hours before your screening (except if you are pregnant). That means no food or beverages, except water. If you take medication, please do so. The blood test is a simple fingerstick test.

What if I cannot attend the biometric screening event?
If you are unable to attend the biometric screening event, but would still like to have a biometric screening, please contact UPMC Health Plan’s Member Services Department at 1-888-499-6885. They will be able to schedule an appointment for you at a Quest Diagnostics location.

Do I receive an incentive for participating?
Yes. The biometric screening is part of the Take a Healthy Step program. The maximum incentive is $100. You can either complete the MyHealth Questionnaire for $100 or earn $50 for a biometric screening and $50 for a physical exam. Panther Advocate members will receive $50 health incentive account (HIA) reward dollars.

Who can answer my questions?
If you have any questions, please contact UPMC Health Plan’s Member Services Department at 1-888-499-6885.

Biometric Screening Event
Date: Friday, November 4, 2016
Location: William Pitt Union, Lower Lounge
Time: 7 a.m. to 12 p.m.

Please note that all of your health screening data will remain private and confidential. The University of Pittsburgh will not have access to your individual screening results.