



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 [Schedule online](#) at a Quest Patient Service Center. Remember to use code: Pitt2017 when scheduling.

Do I receive an incentive for participating?

Yes, the biometric screening is part of the Wellness for Life program. You will earn \$50 on your HIA debit card for a biometric screening.

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

Pittsburgh Campus:

October 19 -- William Pitt Union, Lower Lounge
October 24 -- William Pitt Union, Assembly Room
October 31 -- William Pitt Union, Lower Lounge

October 4 -- Bradford Campus, Mukaiyama Univ Rm
October 11 -- Greensburg Campus, Village Hall
October 12 -- Johnstown Campus, Student Union Cambria Room
TBD -- Titusville Campus, TBD

All events will be from 7-11 AM, except Greensburg campus will be 8-10 AM.

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.

University of Pittsburgh

Fall 2017 Flu Shot Clinics

In support of the Year of Healthy U

Pittsburgh Campus Clinics

Date	Time	Location
September 14	10 a.m. - 2 p.m.	WPU Assembly Room
October 4	10 a.m. - 2 p.m.	BST Foyer
October 11	11 a.m. - 1 p.m.	BSP II
October 25	10 a.m. - 2 p.m.	WPU Ballroom
October 30	10 a.m. - 2 p.m.	Benedum Hall, Conference Room 102
November 8	11 a.m. - 1 p.m.	342 Craig Hall

Additional flu shot clinics may be added depending upon demand.

Regional Campus Clinics

Date	Time	Location
TBD	TBD	Bradford Campus, TBD
October 11	8 a.m. - 10 a.m.	Greensburg Campus, Village Hall
October 12	7 a.m. - 11 a.m.	Johnstown Campus, Student Union, Cambria Room
October 3	Noon - 2 p.m.	Mechanicsburg Campus, First Floor, Computer Room 2
TBD	TBD	Titusville Campus, Office of Health Services, Student Union, Room 219

Check with each regional campus regarding the availability and cost of flu shots for staff and faculty who are not covered by UPMC Health Plan.



University of Pittsburgh

UPMC HEALTH PLAN