



# Wellness Screening

## What

As part of a workplace culture reflective of supporting a healthy lifestyle, the University participates in ongoing personal health and wellness screenings. The *Wellness Program* provides eligible faculty and staff members with an opportunity to participate in a confidential Wellness Screening and a (required) Health Power Assessment.

## Who Participates?

All Loyola University faculty/staff members and spouses/LDAs who are covered on the University's health insurance plan are invited to participate.

## Incentive

Effective January 1, 2018, employees and covered spouses/legally domiciled adults will be **required** to participate in the Wellness Screening **and** complete the Health Risk Assessment in order to receive a \$50 per month incentive, which reduces their health insurance premium.

## When Will The Wellness Screening Take Place?

<p><b>Lakeshore Campus</b>  September 21<sup>st</sup> / October 30<sup>th</sup> / November 13<sup>th</sup>  Damen Student Center, 2nd floor  MPR North &amp; South</p> <ul style="list-style-type: none"> <li>• Screenings and Flu Shots will take place from 7:30 AM - 12:00 PM</li> <li>• <b>Flu shots available until 2:00 PM on October 30<sup>th</sup> during the Benefits Fair.</b></li> <li>• <b>No appointment necessary for a flu shot.</b></li> </ul>	<p><b>Water Tower Campus</b>  September 27<sup>th</sup> / October 19<sup>th</sup> / November 17<sup>th</sup>  Regents Hall - 16th Floor</p> <ul style="list-style-type: none"> <li>• Screenings and Flu Shots will take place from 7:30 AM - 12:00 PM</li> <li>• <b>Flu shots available until 2:00 PM on October 19<sup>th</sup> during the Benefits Fair</b></li> <li>• <b>No appointment necessary for a flu shot.</b></li> </ul>
<p align="center"><b>Health Sciences Division</b>  September 22<sup>nd</sup> / October 24<sup>th</sup>  Stritch School of Medicine, Room 150  <i>Screenings will take place from 7:30 AM - 12:00 PM.</i></p>	

## Cost

The wellness screening and flu shots are FREE!

## Off-site Screening Options

Employees and covered spouses/LDAs who are unable to attend the screening dates and times above can visit a Quest Diagnostics Lab for their blood work OR submit a 2017 bloodwork summary obtained at your Doctor's office. Consent forms for both off-site or to submit your own MD results are available at LUC.edu/hr. Please see details below. **The deadline to visit Quest Diagnostic Patient Service Center or to submit your MD Form is November 22, 2017!**

## Online Sign-Up (Health Maintenance Institute)

Please visit [www.myhmihealth.com](http://www.myhmihealth.com) in order to schedule your on-campus wellness screening appointment, and complete the required Health Power Assessment questionnaire. Please review the registration information below.

If you do not complete this questionnaire on-line, you will be required to complete a hardcopy assessment the date of your screening.

- **Returning Users** - If you have already created an online account for a previous wellness screening, please login with the same username and password you created.
- **New Users** - Please click "Register Account" and complete all required fields. Your site code is **L773**.

## Helpful Checklist

- Lipid/Chemistry Profile Blood Draw
- Blood Pressure Screening
- Health Power Assessment (HPA)

## Questions?

Please contact Human Resources at [benefits@luc.edu](mailto:benefits@luc.edu) or visit [LUC.edu/hr](http://LUC.edu/hr) regarding wellness screening and flu shot inquiries.