

MHealthy NCRC StayWell® Wellness Screenings

On-site StayWell® Wellness Screenings for MHealthy Rewards will take place in NCRC 's Dining Hall (Bldg. 18) on Friday, Feb. 24, 8 a.m. – 4:30 p.m. for benefits-eligible U-M faculty and staff. **Screening appointments are still available and walk-ins are welcome.**

This screening is confidential and gives you the opportunity to “know your numbers” by having your blood pressure, cholesterol, weight and height checked and then reviewing your results with a StayWell health professional. As an added bonus, on-site screening participants will receive educational materials, a FREE giveaway and MORE.

This year, MHealthy Rewards includes:

- Completing the confidential annual health questionnaire
- Completing a confidential wellness screening

You'll earn a \$100 (before-tax) reward just by completing these two steps by May 2012!*

Go to www.mhealthy.umich.edu/rewards to schedule a wellness screening appointment and/or complete the health questionnaire. In addition to Feb. 24, on-site wellness screenings also will take place at NCRC on April 11 and May 7.

To protect privacy, U-M has again contracted with StayWell, a national provider of health improvement services, to administer the health questionnaire and wellness screening.

Need help or have questions? Please call the StayWell HelpLine at 1-800-543-6717.

*For specific eligibility requirements and program information, visit www.mhealthy.umich.edu/rewards.