



## **Be Well to Do Well with a Preventive Health Checkup!**

HR POWER UP Employee Wellness has partnered with BlueCross Blue Shield of TX (BCBSTX) HealthSelect and Catapult Health to bring no-cost Preventive Health Checkups to the University of Houston! **Preventive Health Checkups** will be conducted on campus **Monday, April 7; Tuesday, April 8; and Wednesday, April 9, from 8:30 AM to 3:30 PM, in the Student Center South, second floor Heights Room 224.** Active employees enrolled in the HealthSelect of Texas® or Consumer Directed HealthSelect<sup>SM</sup> plan who have not had a routine physical/preventive screening completed in the last 12 months are eligible to participate. If you are enrolled in the HealthSelect of Texas plan, you must have a PCP on file with BCBSTX to receive in-network benefits. Having a PCP on file ensures you will not be charged for these services.

New this year: If you have a Kelsey-Seybold PCP on file with BCBSTX, *you now ARE ELIGIBLE to participate in a Catapult checkup!*

**On-campus appointments take less than 30 minutes, and each check-up includes over ten important measurements** including cholesterol, hemoglobin A1C, triglycerides, blood pressure and more. Scheduled at your convenience, your health check-up will be followed by a one-on-one video consult with a board-certified nurse to review the results of your screenings. You will then be given access to a secure patient portal to view your comprehensive personal health report and action plan.

**Eligible participants must have their BCBSTX medical card with them** and are asked to wear clothing that allows for easy access to the arm. While fasting is recommended, it is not required to receive these screenings.

**There are two incentives to participate in this preventive health check-up.** Your participation in the on-site Preventive Health Checkup will count as the physical exam requirement for [Wellness Leave](#), and you will receive a \$50 reward in the new [Buena Vida portal!](#)

**Please book your appointment TODAY by clicking [HERE](#).**