

The Wellness Screening Program



TIME TO
REGISTER



UNIVERSITY of ST. THOMAS
MINNESOTA

**Putting your knowledge
to action is Powerful.**

Get the information and
guidance you need with the
Wellness Screening Program.

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SIMPLE ACTION

With all the health information coming at us today, it's hard to know where to start or what to trust. By taking **one simple action** — completing the Wellness Screening Program — you'll connect with the knowledge you need.

The Wellness Screening Program is a great place to start. Here's how it works...

- You give *less than 30 minutes of your time*.
- Your program includes: Educational and Actionable reports.

Your Program Services:

- One simple blood draw that consists of 36 lab tests designed to detect disease or illness at the earliest stage
- A simple health risk questionnaire completed during your screening appointment to identify risk factors in your lifestyle
- Your blood pressure and body mass index (BMI)
- Physician summary report
- Educational summary report
- MyWellnessInfo.com health portal - support you can use when you choose to

Optional Services:

- **PSA**, Prostate Specific Antigen, aids in the detection of benign and cancerous growth of the prostate

TAKING ACTION IS POWERFUL

"I want to dance with my daughter at her wedding. This screening helps give me peace of mind. Thank you Wellness Inc."

WELLNESS SCREENING DAD

"Definitely go through it. It's totally painless. It takes very little time. It's convenient. It may save your life."

WELLNESS SCREENING PARTICIPANT



TAKE A CLOSER
LOOK

INCENTIVE

More reasons to take charge
and sign up...



All UST benefits eligible participants will receive \$10 on their ID card to use at all UST food locations.

Want to know more? Please call 866.935.5462

PROGRAM DETAILS



Sign Up Online at: <http://register.wellness-inc.com>
Enter Registration Key
or Call the Wellness Hotline at: 866.935.5462

University of St. Thomas
Minneapolis, MN
Monday,
October 24, 2011
 6:00 AM - 10:00 AM
 Opus Hall - Room 202
 Registration Key: Un-67143-1

University of St. Thomas
St. Paul, MN
Tuesday,
October 25, 2011
 6:00 AM - 10:30 AM
 Murray Herrick Center
 Room 304
 Registration Key: Un-67144-1

University of St. Thomas
St. Paul, MN
Wednesday,
October 26, 2011
 6:00 AM - 10:30 AM
 Murray Herrick Center
 Room 304
 Registration Key: Un-67144-1

Please fast 8 hours, drink 16 ounces of water within 2 hours of your appointment and wear loose fitting sleeves.

WHO'S ELIGIBLE	FEES	
	PROGRAM FEE	PSA BLOOD TEST FOR MEN
All UST benefits eligible employees	No cost to you!	No cost to you!

SIGN UP TODAY!



WHY YOU SHOULD SIGN UP

QUICK	Save Time: 30 minutes. Onsite for most people. No waiting around at the doctor's office!
NO COST TO YOU	Save Money: The program, the results, the tips and the support are all included.
RESULTS	Get Useful Results: No confusing medical speak. Tips you can use, when you choose to.
SUPPORT	Get Online Support: 12 months of secure access to resources, past and present results and other tools.
TRUST	Feel Secure: Your Results are FOR YOU! By law, your employer cannot view your personal health information.
CHOICE	Make a Choice: We give you the results and a place to start. YOU choose what to do with the information. Share it with your doctor or simply use the results to know how you're doing from year to year.
POWER	Remember, knowledge is POWER. The information you get focuses on the things over which you have control and can change...the power YOU have to be your best at home, work and play.



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