

Howl For Healthy Rewards

Earn a chance for a \$50 Gift Card!*

“The Greatest Wealth is Health”, but Gift Cards are nice too...

How to Earn Your Chance?

1. Complete a Free Worksite Health Screening.

Screening Dates: 11/2/17 from 8 a.m. - 5 p.m. or **11/29/2017** at the Spring River Room, 3rd floor Student Union from 8 a.m. - 2:00 p.m. The Physician Fax Program has been developed for Arkansas State University employees who are not able to attend the worksite health screenings. For eligibility details and to print your physician fax form go to astate.edu/RedWolfWellness

2. Complete Your myCigna Health Assessment Online.

After you receive your screening results (including blood work) go online to mycigna.com and login/register to complete your **Health Assessment**. The deadline for completing your health assessment is **12/8/17**. Individuals not on the University's health plan will need to complete an alternate health assessment that will be available on the Daily Digest on 11/29/17.

3. Win & Receive a \$50 Visa/MC Gift Card!

*** A total of 800 gift card winners will be randomly selected from health screening/assessment participants.** All A-State full-time employees are eligible regardless if they have the University's health insurance. **Gift Cards will be awarded in December of 2017** and no pre-registration is required to participate.



Additional Information:

- Screenings include blood pressure, height, weight, waist & blood draw (total cholesterol, blood sugar and anemia test). Fasting is recommended 6 hours before screening, but not required.
- Take all prescribed medications the day of your screening and **drink plenty of water.**
- Most results will be provided at your screening; blood work will be sent for lab results and you will receive those within 2 weeks. Screenings are not performed by A-State employees.
- Aggregate results are used to guide future wellness programs.
- Employee eligibility for health insurance or insurance contribution rates will not be affected by participation.



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