



Your quest for
better health
starts today.

Wellness Screenings Coming Soon

When:
September 13, 2016

Time:
10 a.m. – 2 p.m.

Where:
Boardroom A-C

Contact Name:
Bren Moore

Register Today!

To make your appointment at the wellness fair to complete your confidential biometric wellness screening, please [Click Here](#) to access the Summit Health Appointment website.

Remember

Drinking water is recommended before your screening appointment. Take any regularly scheduled medications.

Saint Leo University Biometric Wellness Screening

Welcome to the Saint Leo University's biometric wellness screening.

Dear employee,

SLU has teamed up with Quest Diagnostics to offer you a free and confidential wellness screening so you can begin your quest for better health and wellness.

This wellness screening will be available to you at our upcoming **Wellness Fair on September 13, 2016**, from 10 a.m. to 2 p.m.

Why should you participate?

- It's free – SLU pays 100 percent of the screening cost!
- *It's confidential* – All information obtained as a result of your screening experience is Protected Health Information (PHI) and is secured in accordance with the federal Health Insurance Portability and Accountability Act (HIPAA). SLU will not have access to your individual results.
- Your individual test results are not shared with your employer, and your privacy is always protected.
- To learn the things you are doing well.
- To understand your health and gain insight to risks you may otherwise not have known.
- To focus your efforts on the behaviors that you can change.
- To start a conversation with your physician about taking charge of your health.
- It's comfortable, and fast.

What to expect at your screening

- Fasting is not required for this screening; however, you should drink plenty of water.
- Take all medications according to your regular schedule.
- The screening takes about 15 minutes from check-in to completion, and includes biometric measurements (height, weight, Body Mass Index (BMI), and blood pressure measurements) and a finger stick blood draw.

Confidentiality assured

All information obtained as a result of your screening experience is Protected Health Information (PHI) and is secured in accordance with the federal Health Insurance Portability and Accountability Act (HIPAA). Saint Leo University will not have access to your individual results.

To make your appointment at the wellness fair, please [Click Here](#) to access the Summit Health Appointment website.

If you have questions on the biometric wellness screening, please contact Bren Moore at (352) 588-8119.

Sincerely,

Bren Moore
Director, Total Rewards

For questions, please contact the Participant Service Center by phone at (877) 304-7055, Monday- Friday 7 a.m.-8:30 p.m. Central, and Saturday 7:30 a.m.-4 p.m. Central, or by email at Wellness@QuestDiagnostics.com.