



**Building a  
healthier UAB  
begins with**





**My Health Rewards** is here to help you achieve your health goals.

This **voluntary** program is designed to help you make healthy nutrition choices, incorporate exercise into your life, reduce stress, and look and feel your best. Benefit-eligible UAB, UAB Health System and UAHSF employees can participate.

To join **My Health Rewards**, visit [uab.edu/myhealthrewards](http://uab.edu/myhealthrewards). New participants receive 5,000 points in the **My Health Rewards** sweepstakes. Visit [the website](#) for more information.

## 2016 HEALTH SCREENINGS: KNOW YOUR NUMBERS

Benefit-eligible employees from UAB, UAB Health System and UAHSF can participate in the screenings and receive a health-risk profile.

You have a chance to win great prizes by taking the following steps to improve your health:

1. Those enrolled in **My Health Rewards** will receive targeted messages and health-support options to help manage or improve their health.
2. Earn 10,000 points for the **My Health Rewards** sweepstakes by completing the screening.

Health screenings will be conducted Feb. 22 through March 16, 2016. Online registration is available now.

Participate in free onsite biometric screenings, which can provide a picture of one's overall health. The screenings take approximately 15 minutes and will measure the following:

Glucose (blood sugar)	Total Cholesterol
Pulse Rate	Body Mass Index
Height	Weight
Waist Circumference	Blood Pressure
High-Density Lipoproteins (HDL)	

Health screening participants will receive:

- A health-risk profile: an evaluation of your health-risk level.
- Access to targeted health programs, messaging and wellness resources to help manage and prevent health conditions.
- **My Health Rewards** members who also participate in a screening will receive 10,000 points in the **My Health Rewards** sweepstakes.

As an alternative to completing an onsite screening, employees may print off the [UAB Physician Fax form](#) to be completed by their physician and faxed to Quest Diagnostics by March 18, 2016.

*In case of inclement weather, visit the [My Health Rewards website](#) for possible screening scheduling changes.*

For more information, visit  
the **My Health Rewards** website.

[www.uab.edu/MyHealthRewards](http://www.uab.edu/MyHealthRewards)

# HEALTH SCREENING SCHEDULE

Date	Locations
2/22/2016	West Pavilion Atrium (7 a.m.-3 p.m.)
2/22/2016	Highlands Media Center (7 a.m.-3 p.m.)
2/23/2016	West Pavilion Atrium (7 a.m.-3 p.m.)
2/23/2016	Highlands Media Center (11 a.m.-7 p.m.)
2/24/2016	West Pavilion Atrium (7 a.m.-3 p.m.)
2/24/2016	COA Pediatrics, Bradley Lecture Center, Room Lee (7 a.m.-3 p.m.)
2/25/2016	Mervyn Sterne, Sem. Room 174 (7:30 a.m.-3 p.m.)
2/25/2016	Huntsville, Room 381 (8:30 a.m.-3 p.m.)
2/26/2016	Mervyn Sterne, Sem. Room 174 (7:30 a.m.-3 p.m.)
2/29/2016	John Whitaker Building - JNWB, Room 104 (7 a.m.-3 p.m.)
3/1/2016	Administration Building Penthouse (7 a.m.-3 p.m.)
3/1/2016	John Whitaker Building - JNWB, Room 104 (7 a.m. - 3 p.m.)
3/2/2016	Administration Building Penthouse (7 a.m.-3 p.m.)
3/3/2016	Medical Towers - MT 419B (7 a.m.-3 p.m.)
3/3/2016	The Kirklin Clinic at Acton Road, 3rd Floor Library (7 a.m.-3 p.m.)
3/4/2016	Shelby Building, Room 102 (7 a.m.-3 p.m.)
3/4/2016	North Pavilion Atrium (11 a.m.-7 p.m.)
3/5/2016	North Pavilion Atrium (11 a.m.-5 p.m.)
3/7/2016	Community Health Building, Room 501 (7:30 a.m.-3 p.m.)
3/7/2016	The Kirklin Clinic - TKC, 4th Floor Conference Room (7 a.m.-3 p.m.)
3/8/2016	The Kirklin Clinic - TKC, 4th Floor Conference Room (7 a.m.-3 p.m.)
3/8/2016	Community Health Building, Room 501 (8 a.m.-12 p.m.)
3/9/2016	School of Health Professions - Room 641 (7 a.m.-3 p.m.)
3/9/2016	UAB Substance Abuse Center (Beacon Pkwy - Homewood), 5th Floor Conference Room (7 a.m.-3 p.m.)
3/10/2016	School of Health Professions - Room 641 (7 a.m.-3 p.m.)
3/11/2016	Facilities Training Center - FAC (7 a.m.-3 p.m.)
3/11/2016	North Pavilion Atrium (7 a.m.-3 p.m.)
3/14/2016	KAUL - Finley Conference Center (7 a.m.-3 p.m.)
3/14/2016	Hill Student Center - AB Ballroom (7 a.m.-3 p.m.)
3/15/2016	Hill Student Center - AB Ballroom (7 a.m.-3 p.m.)
3/15/2016	West Pavilion Atrium (7 a.m.-3 p.m.)
3/16/2016	West Pavilion Atrium (7 a.m.-3 p.m.)