



know your numbers

A Special Message for Emory Managers & Supervisors

Emory will offer free, onsite health screenings, Jan. 13 through Feb. 28, providing our faculty and staff with an opportunity to learn their numbers (blood pressure, cholesterol, glucose, and body mass index).

The health and wellness of our faculty and staff is very important to all of us. As a manager, please talk to those you supervise and actively encourage them to participate. To eliminate barriers, the time required for the screening will be considered **paid work time for all employees**.

The health screenings will provide participants with an assessment of their health through standard biometric measures. Each participant will also receive information on Emory's resources to help them maintain or improve their health and well-being. Last year, during these screenings, several employees discovered health issues about which they were completely unaware. These employees were provided with information and resources about appropriate next steps to address their health issues.

In 2013, we reached 34% participation, but we hope to exceed that for this year. The higher the participation, the more employees we can help. Your personal participation, active encouragement and support of others to participate are key factors that have a positive influence on our faculty and staff.

The screening only takes about 15 minutes and fasting is not necessary. Those who participate in the screening and also take an online health assessment can receive an incentive on their medical plan.

Registration for appointments is now open at www.hr.emory.edu/screenings.

Thank you for your support of the health of our faculty and staff!