

**FREE**

# ON-SITE HEALTH CHECKUPS

**SIGN UP TODAY**

[www.TimeConfirm.com/baylor](http://www.TimeConfirm.com/baylor)

You must schedule an appointment in advance using the above web address.

## WHY PARTICIPATE?

Know your health status related to diabetes, heart disease and stroke. Lab-accurate results are produced in minutes. Review your results with a board certified Nurse Practitioner and develop a personal action plan.

## IT'S FREE

Your preventive care is covered at 100%. No out-of-pocket copays or coinsurance.

## IT'S PRIVATE

Your personal results are not shared with your employer. However, with your permission your results are sent securely to your Primary Care Provider.

## IT'S EASY

Choose a time that works for you. The checkup requires approximately 30 minutes and is available at or near where you work.

**SERVICES:** Onsite Preventives Checkups

### DATES:

September 5<sup>th</sup> & 6<sup>th</sup>  
October 10<sup>th</sup> & 11<sup>th</sup>  
November 7<sup>th</sup> & 8<sup>th</sup>

### LOCATION:

Cashion, 5<sup>th</sup> Floor  
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**WHO:** Faculty, Staff, Dependents over 18 covered on the Baylor University Medical Plan

## INCLUDED IN EACH CHECKUP:

- + Total Cholesterol
- + HDL
- + LDL
- + Triglycerides
- + Personal Action Plan
- + History of Past Results
- + ALT and AST (Liver Tests)
- + Weight
- + Body Mass Index
- + Comprehensive Personal Health Report
- + Glucose
- + A1c (for known diabetics)
- + One-on-One Consult with Nurse Practitioner