

# *Personal Wellness Profile Information Sheet*

**2006**

♥ *Your heart, keep it healthy and happy* ♥

## **Who is eligible?**

Employees of the University receiving this Personal Wellness Profile notice and eligible to participate in the University sponsored retirement plans (including the VRS and the Faculty Retirement Plan). This includes part-time salaried employees who can earn retirement contributions. Sorry, graduates students employed by UVA are not eligible for the screening. Please contact Student Health for services available to you. **The screening benefit is provided at no charge to you, the eligible employee, and is being paid for by University Human Resources.**

## **What happens at the screening?**

The screening process will take approximately 15-20 minutes if the Personal Wellness Profile questionnaire is completed prior to your appointment. The questionnaire will be messenger mailed to you once you call UVA-WorkMed at 243-0077 to schedule your screening appointment. **Please have your correct messenger mail (P.O. Box) number available when you call. We need this to mail you the questionnaire.**

## **Each screening station offers privacy to the participant.**

- **Blood Pressure** - Blood pressure can provide valuable information useful in preventing illness and maintaining good health.
- **Height, Weight, Waist Measurement**– Useful information in determining appropriate weight range as it relates to your height. Needed to determine your Body Mass Index.
- **Cholesterol and glucose** - Venipuncture blood draw will measure your total and HDL (good) cholesterol, and glucose (diabetes testing). **Fasting is not required for this test.**
- **Personal Wellness Profile Questionnaire** – UVA-WorkMed is pleased to bring to you the concise Personal Wellness Profile questionnaire this year from which a confidential Individual Report addressing issues specific to you will be generated. A Physician's Summary Report will also be provided for you to share with your personal physician.

Any of the above tests are optional. However, if you take advantage of each component you will receive a more comprehensive report with information to help you make better decisions about your health. If you participated in this program in 2005, we will provide you with a comparison of those results with results from this year.

## **When will I receive the results from the screening?**

Your personal screening report will be available two weeks following the testing at a date and time announced as you check out on the day of the screening. We will provide a 20-minute group feedback session, where you may pick up your confidential report and have an opportunity to learn more about your numbers and what they mean.

## **Does anyone have access to my screening information?**

Only the screening/processing staff of UVA-WorkMed has access to your screening information. Individual results are strictly **CONFIDENTIAL** and do NOT become part of your employment file. UVA-WorkMed will not release your personal screening information to anyone without your written permission. **Your results will not be released to your co-worker, spouse, friend, etc. unless you give us written authorization to do so.**

## **But I don't have time!**

Yes you do. A stroke or heart attack will not ask if you have time. It just happens, often without warning. The screening is not a guarantee against a heart attack or stroke but it is a proven tool to estimate your relative risk for having a heart attack. It is up to you to begin a lifestyle change to reduce health risks. Take 15 minutes now to come to the screening and have a few quick measurements taken and in two weeks receive your valuable personal assessment.