



## ***Self-Care Through Prevention***

*While 2020 has not looked or felt like we had intended, it has definitely reminded us about the value of good health. With that, it is time to remind and motivate you to continue focusing on your health and to practice proactive preventative self-care.*

*Every fall, Living Well encourages you to take time to get in check with your health. This year will be a little different in how we offer these opportunities. While we will offer flu vaccinations, we not be hosting on-site health screenings. The priority is to keep you healthy and safe, while still being able to offer options for you to be informed about your well-being and also be able to participate in the **2020 Living Well Incentive Program**. Please view the options below, if you should choose to participate.*

- ★ **Home Test Kit:** Log in to the Living Well portal to order a **Home Test Kit**. The kit requires a finger stick that provides biometric screening results for a full lipid panel {Total Cholesterol, HDL, LDL, Triglycerides} & Glucose. Upon mailing back, results are available within a few days and Health Screen Incentive Points will be uploaded to the Living Well portal. Deadline to order a kit is 10/6/20.

**OR**

- ★ **Physician Form:** Employees can opt to use the **Physician Form** for biometric results any time from January 1 – October 23, 2020.
- ★ **Flu Vaccinations:** Flu Vaccines will be offered in **Kilcawly Center- Gallery** on **Tuesday, October 13** from **8am – 1pm** and **Thursday, October 22** from **12pm-5pm**. **Registration is required** through the Living Well portal. Be aware you will be required to follow **YSU's COVID Safety & Health Guidelines**.
- ★ **Health Assessment:** Complete the annual health assessment questionnaire within the Living Well portal. This will help you to assess how lifestyle and behaviors affect your overall health.

**Reminder:** Benefit eligible employees can access the **Living Well portal** directly through **YSU's Penguin portal**. Once signed in, click "*Faculty/Staff*" and then scroll down to "*Employee Resources*." Click on "*Living Well portal*" to take you directly into the wellness portal.

*For more information contact Carrie Clyde at 330-941-3360 or [crcl Clyde@ysu.edu](mailto:crcl Clyde@ysu.edu).*

