

# 2008 Heart Health Screening

For all UM Facilities & Operations employees



## Screening can include:

- Health Risk Appraisal (HRA)
- Blood Pressure
- Cholesterol\*
- Glucose (sugar)
- Counseling
- PSA Testing
- Colon Cancer Testing Kit

\*Non-fasting options are available. If you would like to get all of the glucose and cholesterol values, please avoid eating and drinking except for water for 10 hours before your appointment.

**FREE \$15 Target Gift Card for all Participants who complete the HRA!**

## DATES, TIMES & LOCATIONS

**3231 Baxter Road**, Bldg B, Williams Conference Room on Tues., February 19<sup>th</sup> from 8:00AM – 11:00AM

**OSEH Conference Room** on Wednesday, Feb. 20<sup>th</sup> from 7:00AM – 11:00AM

**Sports Coliseum** at 721 S. Fifth Avenue on Thursday, February 28<sup>th</sup> from 11:00AM – 5:00PM

**Campus Safety Services Building** on Monday, March 3<sup>rd</sup> from 9:00AM – 2:00PM

**Hoover Road**, Model Conference Room on Tuesday, March 4<sup>th</sup> from 6:00AM – 10:00AM

**UMHS Hospital**, B-2 C205 on Wednesday, March 5<sup>th</sup> from 7:00AM – 11:00AM

**109 Madison Avenue**, 1<sup>st</sup> Floor Conference Room on Tuesday, March 11<sup>th</sup> from 5:00AM – 12:00PM

**Grounds and Waste** on Draper Road on Friday, March 14<sup>th</sup> from 7:00AM – 12:00PM

**Construction Services** Conference Room on Tuesday, March 18<sup>th</sup> from 9:00AM – 1:00PM

**Campus Safety Services Building** on Thursday, March 20<sup>th</sup> from 7:00AM – 12:00PM

**Call for your appointment TODAY at (734) 975-3061 (dial all 7 digits)**  
or email MFit at [mfitatwork@med.umich.edu](mailto:mfitatwork@med.umich.edu) Some walk-in appointments may be available.

Use the following work request number: **UMEDICAL – 2008 workcode: HHSC phase: Shop Number**