

# Wellness Committee Update

ENHANCING PENN MEDICINE'S FACULTY EXPERIENCE

November 2017

## Earn Up to \$300: Be in the Know Wellness Campaign

The University's *Be in the Know* wellness campaign gives you an opportunity to improve your wellbeing while earning extra cash. This year, you can receive up to \$300.

## Get Started with Your Free Biometric Screening

The biometric screening includes blood pressure, total cholesterol, high-density lipoprotein (HDL), and blood sugar (glucose) levels. Quick, convenient screenings are available that will take approximately 15 minutes. Please [register online](#) but walk-ins are welcome.

- Smilow Commons: Monday, December 4th 8:00am-1:00pm

What's Next? Complete your biometric screening to get ready for the online health

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assessment, available at [penn.staywell.com](http://penn.staywell.com). The biometric screening and online health assessment are the two Core Actions required to earn your first 100 points and \$100.

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