



YOUR BENEFITS. YOUR CHOICES. YOUR WELL-BEING. GET STARTED TODAY AT [HEALTHYBOILER.COM](https://HEALTHYBOILER.COM)

YOUR **PHYSICAL HEALTH** IS CRITICAL TO YOUR TOTAL WELL-BEING, SO THE HEALTHY BOILER PROGRAM CHAMPIONS HEALTH EDUCATION, PREVENTIVE CARE AND ONGOING TREATMENT PROGRAMS.

Our comprehensive and cost-controlled medical, dental and vision benefits give you the foundation you need for physical wellness. Additionally, we offer several convenient and affordable resources to help you be proactive and in charge of your health.



**CENTER FOR HEALTHY LIVING**

[purdue.edu/healthyliving](https://purdue.edu/healthyliving)

One of the key ways we help our employees achieve optimal health is through our Center for Healthy Living.

This on-site health center is available to all faculty and staff as well as dependents. The care, convenience and cost we offer are all designed with you in mind.

- + Primary care and wellness
- + Treatment for common illnesses
- + Chronic disease management
- + Dietician consultation: diabetes, hypertension, pregnancy/postpartum, gastric conditions
- + Tobacco cessation program
- + Health coaching: nutrition/healthy eating, stress management, social self-care
- + Medication review and consultation
- + Telephonic wellness program available to all employees



**EARN WELLNESS INCENTIVES**

As you complete health and wellness activities, you can earn financial incentives from Purdue, which are deposited quarterly to your HSA or HRA. **You take care of yourself, and we help take care of you.**

**YOU COULD EARN UP TO:**

**\$325**

EMPLOYEE

**\$650**

EMPLOYEE PLUS

Get started today at [healthyboiler.com](https://healthyboiler.com)





## PREVENTIVE CARE

Preventive care is completely free under all Purdue medical plans.

- + Annual physicals for men and women
- + Preventive screenings: blood pressure, type 2 diabetes screening, cholesterol and lipid levels, etc.
- + Immunizations
- + Annual flu vaccine
- + Gender/age-specific well visits/ screenings (mammogram, colonoscopy, etc.)



## OTHER PROGRAMS

Integrating physical health into campus and family life.

At Purdue, we also provide ways for you to integrate exercise and healthy choices into your daily life on campus.



### BIKE SHARE PROGRAM



[bike.zagster.com/purdue](http://bike.zagster.com/purdue)

- + Another transportation option that gives employees a convenient and healthy way to get around.
- + Partnering with Alcoa Foundation to bring bike sharing to campus.



### ON-CAMPUS WORKOUT FACILITIES



[France A. Córdova Recreational Sports Center \(CoRec\)](#)

[A.H. Ismail Center](#)

- + Opportunities for family involvement and youth recreational sports.
- + Educational, friendly and safe atmosphere in order to lead a healthy and active lifestyle.

## LIVE YOUR BEST LIFE

The **Healthy Boiler Program** offers a full spectrum of benefits and resources aimed at improving your health and wellness.

And because we believe overall wellness is multi-faceted, the program focuses on your **physical, behavioral, financial, social and work-life health** to help you be the best you can be.

### FOLLOW ALONG



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