

 **HEALTHY BOILER**

MOBILE PHYSICALS



To increase percentage of Purdue employees who complete their annual physical (58% of Purdue employees completed their annual physical between July 1, 2021, and June 30, 2022.)

Getting your annual physical is an active part of our pursuit of personalized healthcare to improve overall health and wellness and increase preventive care measures for Purdue employees.

COVERED

100%

BY ALL PURDUE HEALTH PLANS

ATTEND IN PAID STATUS WITH SUPERVISOR APPROVAL.



Scheduled in 60-minute increments, a complete physical and a biometric blood draw will be done, which includes:

- Physical Exam
- Current Body Weight (pounds)
- Height (inches)
- Systolic Blood Pressure (top number)
- Diastolic Blood Pressure (bottom number)
- LDL Cholesterol Level
- A1c

Additional preventive screenings based on age – such as skin cancer checks, breast exam, prostate exam, depression screening, vaccinations and more – can also be done during an annual physical.

MOBILE PHYSICALS WILL BE AVAILABLE TO SCHEDULE ON THE FOLLOWING DATES, AT A LOCATION NEAR YOU:

Sept. 26 2023	7 a.m. – 7 p.m.	Stew 307
Sept. 27, 2023	7 a.m. – 7 p.m.	Stew 307
Oct. 24, 2023	7 a.m. – 7 p.m.	Stew 307
Oct. 25, 2023	7 a.m. – 7 p.m.	Stew 307
Nov. 13, 2023	7 a.m. – 7 p.m.	PFSB 1233
Nov. 14, 2023	7 a.m. – 7 p.m.	PFSB 1233
Nov. 15 2023	11 a.m. – 7 p.m.	PFSB 1233

To schedule, call the CHL at 765-494-0111 or schedule online at <https://bit.ly/mobilephysicals>.

Earn Healthy Boiler incentives, too

\$150

CAN BE EARNED FOR COMPLETING ANNUAL PHYSICAL

Step 1 of earning Healthy Boiler incentive dollars (\$150) is to complete your annual physical.

Additional incentive funds (\$100) can be earned by completing your biometric screening.

Note: Employees must be registered on the Healthy Boiler Portal to receive incentives.

Learn more at

www.purdue.edu/hr/CHL/healthyboiler/incentives.php