



UNIVERSITY  
OF  
LOUISIANA  
*L a f a y e t t e*

Office of  
Human Resources

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## **Your Health is Important: Please Schedule Now!**

Office of Group Benefits is partnering with Catapult Health to provide free, quick, and confidential preventative health checkups at state agencies across Louisiana. Checkups will be provided in the UL Student Union (Magnolia Room, Room 210) beginning **Monday, March 16<sup>th</sup> through Thursday, March 19<sup>th</sup>**.

**Please Note: Employees (faculty, staff, and retirees) of the University who complete the BCBSLA Personal Health Assessment (PHA) and participate in a Catapult Health Preventive Checkup will receive a discount on their future health insurance premiums.**

**Please take 60 seconds right now to sign up at [www.TimeConfirm.com/OGB](http://www.TimeConfirm.com/OGB)**

If you're unsure about this opportunity, below are some answers to questions (also, please see attached FAQ's):

- First of all, yes, your health checkup is absolutely free to you with no deductible or co-pay. Your health checkup will be filed as a preventive claim on your insurance and covered 100%.
- Second, your employer will not have access to any of your personal health information. Your checkup will be done by Catapult Health, an independent health care provider, and is designed to identify potential health issues before they become truly serious. Your individual results are strictly confidential.
- Third, your checkup will be quick and easy...it takes about 45 minutes which is less time than you'd probably spend in a doctor's waiting room. It's also on-site, right here at our workplace, so you won't have to take any time off. The blood test only involves a quick finger stick, and you'll meet privately with a licensed Nurse Practitioner who will review your results, answer your questions, and help you create an action plan for improving your health.

This is a great opportunity, so please don't wait. If you have any questions, please call Human Resources at 851-6242 or 482-1014.

