Know Your Numbers

Western Wellness
Eight Dimensions of Wellness

PEOPLE TO SEE

Blue Cross Blue Shield of Michigan
Holtyn & Associates – Wellness
WMU Sindicuse Health Center
TIAA – Retirement Savings
Office of Retirement Services (MPSERS)
HelpNet – EAP
BASIC – Flexible Spending Accounts
Ascension (Borgess) Michigan at Work
Bronson Hospital
Various WMU Departments

THINGS TO DO

Know Your Numbers Activities
Health Risk Screenings
Healthy Tips and Games
Consultations
Flu Shots
Chair Massages
Prize Drawings
Food Samples
Give Aways
WMU Enrollment Info

NUMBERS TO KNOW

Grab a Record Keeper card when you arrive – use it to record:

Blood Pressure
Diabetes Risk
Stroke Risk
Body Composition
Alzheimer Risk
Hearing
Grip Strength
Sleep
Vision

For more information, visit wmich.edu/hr/benefits-expo