

- **IPFW Hilliard Gates Sports Center Fitness and Nutrition Services**
 - Employees and their families will receive a discounted membership to the IPFW Hilliard Gates Sports Center.
 - Employees can receive discounted rates on IPFW fitness classes.
 - Free yearly session with a personal trainer.
 - Free ongoing sessions with a registered dietitian.
 - Free monthly fitness screenings including blood pressure, height, weight, body composition, BMI and glucose (2-hour fast)
- **IPFW/Parkview Health and Wellness Clinic Services**
 - The IPFW/Parkview clinic is conveniently located in Walb Union, room 234, to allow easy and quick access to health care assistance for employees and their families. The clinic is a great place for quick care to allow you to return to work.
- **Health Risk Assessment**
 - NEW tool available! www.mycigna.com available January 2010.
- **Screenings and Vaccinations**
 - Free yearly cholesterol screening for employees, retirees and their spouses/SSDP. Screening includes total cholesterol, LDL, HDL, triglycerides and glucose (12-hour fast).
 - Full Chem 17, hemogram, TSH, thyroid, PSA, and A1C screenings also available at a discounted rate.
 - Free yearly seasonal flu shot for employees, retirees and their spouses/SSDP.
- **Health Awareness**
 - Free monthly on-campus workshops presented by area experts on topics of interest to employees and their families. Topics will vary.
 - Free monthly teleconferences available to employees and their families. Employees can listen from their desks or together with other employees from a central location on campus with a discussion to follow. If original date and time are inconvenient, you can listen to the recorded conference at a more convenient time.
- **Special Events**
 - Heart Disease Awareness Day, February
 - National STD Awareness Days, February
 - National Eating Disorder Awareness Week events, February/March
 - 21st Annual Health Fair open to employees, students and the community, March 24, 2010
 - National Employee Health and Fitness Day, May
 - Summerfest events, July
 - Mental Health Day, October
 - Great American Smokeout, November
 - National Diabetes Awareness Day, November
- **6-12 Week Programs**
 - Step UP to Fitness, stair climbing challenge, January
 - Weight Watchers 50% reimbursement program, ongoing
 - Stress Management E-mail based program, May
 - Fruit and Vegetable Challenge, July

- STEPTember programming, September
- Holiday health challenge, November
- **Cigna Phone and Email-Based Health Coaching**
 - Sleep, tobacco cessation, stress management and weight loss
- **Cigna Discounted Programs**
 - **Weight Management and Nutrition**
 - Healthyroads for Living Weight Management Program
 - Jenny Craig*—New!
 - Weight Watchers*
 - **Fitness**
 - Fitness Club Discounts
 - Just Walk 10,000 Steps-a-Day™
 - **Vision and Hearing Care**
 - Exams, Eyewear and Contacts
 - Lasik Vision Correction
 - Hearing Exams and Aids
 - **Tobacco Cessation**
 - Healthyroads for Living Tobacco Cessation Program
 - Tobacco Solutions™
 - Quitnet
 - **Alternative Medicine**
 - Acupuncture
 - Chiropractor
 - Massage
 - **Mind/Body**
 - Healthyroads for Living Mind/Body Program
 - Yoga Journal (subscriptions, DVDs, yoga conference discounts)—New!
 - **Dental Care**
 - Anti-cavity Products through Epic™
 - **Vitamins, Health and Wellness Products**
 - Drugstore.com™
 - Healthyroads for Living (discounts on natural supplements)
 - **Healthy Lifestyle Products**
 - Mayo Clinic Books
 - **Magazine Subscriptions**
 - Yoga Journal
 - Cooking Light

IPFW Health and Wellness: www.ipfw.edu/health

IPFW/Parkview Health and Wellness Clinic: www.ipfw.edu/clinic

Cigna: www.mycigna.com