Free Health Screenings April 22-26
You’re invited to discover your health numbers and find out what they mean. Get a free on-campus health screening sponsored by OU HealthySooners and BlueCross BlueShield April 22-26. Your health screening includes measuring your cholesterol, blood glucose, blood pressure, and body mass composition. You will also have an opportunity to meet one-on-one with a health coach to review your results and discuss follow-up wellness resources. Everyone who participates will receive a HealthySooners duffle bag and a chance to win a new iPad or iPad mini.

Find locations on your campus and avoid a long wait by registering online today at http://healthysooners.ouhsc.edu/events. Reminder emails will be sent to all registered participants. Unable to register for your free health screening? Walk-ins are welcome, but your wait time will be longer. Email your questions to Breion Rollins at brollins@ouhsc.edu.

New Wellness Incentive Program: Well onTarget
BlueCross and Healthy Sooners have launched an improved wellness incentive program called Well onTarget. Well onTarget is a program designed to give you the tools and support you need, while rewarding you for making healthy choices. Well onTarget includes healthy living programs, online courses, and interactive tools and trackers. You can collect LifePoints for all your wellness activities and choose rewards from an updated catalog. By tracking your health progress in Well onTarget, you also become eligible for Healthy Sooners drawings with prizes like mini iPads and football tickets. Click here to access Well onTarget (http://bcbsok.com/ou/wellontarget.html). If you had BluePoints, they are scheduled to become LifePoints in Well onTarget by July. You will not be able to see your BluePoints balance in Well onTarget before the transfer is complete. We will let you know when they are available.

On-Campus Mammograms April 22
Norman: The Oklahoma Breast Care Center’s Mobile Mammogram Unit will be on the Norman campus April 22. Time and location are to be determined. To schedule your appointment, call 405-755-2273 x110. Health Sciences Center: The OU Breast Institute on-campus at the Health Sciences Center has mammogram appointments available for HSC employees on April 22. To schedule your appointment, call 405-271-4514 or email breast-institute@ouhsc.edu. BlueCross provides 100% coverage for annual mammograms for women starting at age 40. For women ages 35-39, BlueCross provides 100% coverage for one baseline mammogram.

Lunch-And-Learn Webinars
Wellness Knowledge at Your Desk
1) Fit For Life - Need some help kick starting your exercise program? Get examples of easy aerobic activities and strength training exercises in this webinar. The gym isn’t the only place you can exercise. Learn what you can do at home, on campus, and at your local park. Join us online for
*Fit for Life* on April 11 at 11:30am. Register for this webinar at [https://apps.hr.ou.edu/ClassCalendar/ClassDetails.aspx?wid=11081&rk=U30D97A43BEE0](https://apps.hr.ou.edu/ClassCalendar/ClassDetails.aspx?wid=11081&rk=U30D97A43BEE0).

2) **Changing the Way We Think about Weight Loss** – Achieving and maintaining a healthy weight might sometimes feel impossible. Our mindset and how we think about weight loss can have a big effect on our success. Learn different ways to think about the challenge of losing weight and review skills to help prevent thought and behavior patterns that sabotage weight loss success. Join us online April 17 at 11:30am. Register for this webinar at [https://apps.hr.ou.edu/ClassCalendar/ClassDetails.aspx?wid=11095&rk=4887C5TH218A0](https://apps.hr.ou.edu/ClassCalendar/ClassDetails.aspx?wid=11095&rk=4887C5TH218A0).

**Get More HealthySooners – Newsletter, Facebook, Twitter, & Prizes**

You can get updates about wellness activities, recipes, and tips for healthy living all month long. Check out the new HealthySooners online newsletter [http://healthysooners.ouhsc.edu/news/newsletters/default.aspx](http://healthysooners.ouhsc.edu/news/newsletters/default.aspx) and follow us on Twitter and Facebook. Click here: Facebook – [http://www.facebook.com/healthysooners](http://www.facebook.com/healthysooners) and Twitter - [https://twitter.com/HealthySooners](https://twitter.com/HealthySooners). “Like” HealthySooners on Facebook by April 30 to be entered in a drawing for a HealthySooners prize pack.

**Questions?**

Contact Breion Rollins in OU Healthy Sooners at brollins@ouhsc.edu. The mission of Healthy Sooners is to foster a supportive culture of physical and mental well-being, which inspires employees to make healthy personal and professional lifestyle choices. Learn more here: [http://healthysooners.ouhsc.edu](http://healthysooners.ouhsc.edu).

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