



What: OilerWELL Annual Health Assessments
Who: All eligible full-time employees and spouses*
When: November 5-November 9, 2018
6:30am-10:30am
Where: Alumni Memorial Union
RSVP: Starting TODAY!

***As a reminder, to be eligible for the \$25/month Health Saver Discount, participants need to meet the following:**

- 1. All: One Adult Tetanus with pertussis (every 10 years)**
- 2. All: Non-Smoking**
- 3. Men age 50 and over:**
 - Screening colonoscopy (we can help make appointments)**
 - Annual physical exam including prostate health discussion (as directed by your physician)**
- 4. Women age 50 and over:**
 - Screening colonoscopy (we can help make appointments)**
- 5. Women age 40 and over:**
 - Annual mammogram**
- 6. Women age 21 and over:**
 - Annual exam with screening PAP (as directed by your physician)**

Make note of your dates. You will need to provide them the day of your screening.