

A Free, On-Site Health Checkup To Help You Live Well!

What you can expect

- **Preventive health checkup**

This checkup, similar to what you might receive at your doctor's office, is designed to identify issues that may affect your health and help you get them under control before they become serious.

Your blood test involves only a tiny finger prick. We use a small device (similar to what people with diabetes use daily) to get a couple drops of blood. One click, and that's all we need!

The entire appointment takes only about 45 minutes, and will be performed on-site at UT Dallas for your personal convenience.

- **Professional care**

You'll be seen privately by a licensed nurse practitioner and technician, trained to make this a positive and comfortable experience for you.

We've surveyed thousands of participants, and 99% rate their experience as outstanding or good!

What you need to do

- **Schedule an appointment**

You must make an appointment to participate in this free health checkup. Online scheduling is available in both English and Spanish, and takes less than a minute. Just click on the link below, or paste the web address into your browser.

- **Fast (don't eat or drink for 8 hours)**

This is important: in order to give us accurate readings, you must not eat or drink anything (except water) for at least 8 hours before your appointment. Be sure to drink plenty of water and take your medications as prescribed.

- **Bring your physician information**

If you provide our team with your physician's full name, we will send your results to him or her so you won't have to. And if you don't have a doctor, we'll even help you find one.

What you will receive

- **Printed personal health report**

You'll receive a full color report of your checkup results and health recommendations that you can take home — during your appointment! Your report is available in either English or Spanish.

- **Private health consultation**

Our Nurse Practitioner will review your results with you personally and privately, including recommendations and plans for a healthier life and referrals, if needed, for conditions that may need a doctor's care.

Sign Up Now at

www.timeconfirm.com/utdallas

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Answers To Frequently Asked Questions About Your Free, On-Site Health Check

Will UT Dallas see my personal health report?

No. Your health checkup is strictly confidential. We follow all federal and state laws for health information privacy.

Will I have to pay a deductible or co-pay?

No. The checkup is fully covered by the UT SELECT medical plan at **NO cost to you!** Please bring your UT SELECT medical insurance card at the time of your appointment to verify you are eligible for this free onsite service.

Will you send my results to my doctor?

When you give us your doctor's name, we will send your checkup results to him or her free of charge.

What if I'm healthy?

Why should I participate?

A healthy lifestyle is a great way to help lower the risk for conditions such as heart disease or diabetes, but it's no guarantee.

Likewise, "feeling good" does not always mean everything is okay. For example, many people with

high blood pressure feel fine and don't know they have it.

Early detection and prevention of potential health problems is what this checkup is all about. If you are indeed healthy, this checkup will confirm it, and wouldn't you rather know for sure?



What if I'm pregnant?

It's better to have you see your regular OB/GYN instead of participating in this health checkup. Your tests need to be interpreted by the physician who is helping to manage your pregnancy.

Why is UT Dallas offering this free checkup?

UT Dallas wants you to lead a happy and productive life. Good health is a major part of making that happen. Early detection and prevention of potential conditions will help assure that you enjoy better health.

Plus, good health will help the UT SELECT medical plan cost stay as low as possible in the long run.

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