



all is **well** at
Harris County



Time to Get Your Wellness Screening

It can save your life

Your good health is important to us. That's why we're offering you a free wellness screening so you can focus on what's important — your health and well-being. Height, weight and blood pressure measurements, along with a simple blood draw will be completed during your wellness screening.

Register **NOW** to get your **FREE** wellness screening by **November 2, 2012**

- To register, go to My.Blueprintforwellness.com, using your Registration Key: **harriscounty** and your Unique ID, which is the first 3 letters of your last name and last 4 digits of your Social Security number. *
- Follow the online registration instructions and select where you prefer to attend your wellness event. You choose what location works best for your schedule — either at your workplace location or at an offsite Quest Diagnostics® Patient Service Center.
- Please make your appointment 3 weeks before your workplace wellness event! Walk-ins are also welcome as space permits.
- If you choose to go to a Quest Diagnostics Patient Service Center, you will need to schedule your appointment online. Make sure to print and bring your confirmation page with you. If you visit a Quest Diagnostics Patient Service Center without an appointment, you could have a long wait.

Get prepared!

- Remember to fast 9 – 12 hours before your screening, drink plenty of water and take all medications, as directed by your doctor.
- Bring your Aetna insurance card and a government-issued photo ID to your appointment.

Your results will be mailed to you within two weeks after your wellness screening. Remember to share your results with your doctor at your next visit.

Get a flu shot — it's the best way to avoid influenza

Harris County is offering onsite seasonal flu shots at all wellness screening events for covered members. No appointment is necessary if you want a flu shot **ONLY** at these events. Visit www.wellathctx.com (well4hctx) for more information.

*If you have any questions or issues with online registration, contact the Blueprint for Wellness Call Center at **1-866-908-9440** (available Monday through Friday, 7:00 a.m. – 8:30 p.m. CST and Saturday 7:30 a.m. – 4:00 p.m. CST).

Naturally Slim

Want to be in the program that everyone is talking about? Participate in the 2012 wellness screenings and you will be eligible to apply for the 2013 Naturally Slim program! Selection criteria will apply and participants will be chosen by Naturally Slim. Visit www.wellathctx.com (well4hctx) to find out more.



Know Your Risk

Flu Shot & Wellness Screening Schedule

September 13 , 7:00 a.m. – 11:00 a.m.	Anderson-Clayton Building 1310 Prairie St. 16th Floor Conference Room	October 15 , 8:00 a.m. – 11:00 a.m.	Juvenile Probation Youth Village 210 J.W. Mills Dr. (Seabrook) Conference Room
September 14 , 8:00 a.m. – 11:00 a.m.	Annex 3 Humble Courthouse 7900 Will Clayton PKWY Courtroom	October 16 , 8:00 a.m. – 11:00 a.m.	Institute of Forensic Sciences 1885 Old Spanish Trail 1st Floor Training Room
September 17 , 7:00 a.m. – 11:00 a.m.	Annex 83 Public Health & Environmental Services 2223 W. Loop South Conference Room 532	October 17 , 7:00 a.m. – 11:00 a.m.	Criminal Justice Center 1201 Franklin 7th Floor Attorney Ready Room
September 18 , 9:00 a.m. – 12:00 p.m.	701 County Jail 701 N. San Jacinto ODR	October 18 , 8:00 a.m. – 11:00 a.m.	Commissioner Precinct 1 Tom Bass Community Center 15108 Cullen Dr.
September 19 , 7:00 a.m. – 11:00 a.m.	Administration Building 1001 Preston 1st Floor Conference	October 19 , 8:00 a.m. – 11:00 a.m.	Annex 8 Baytown Courthouse 701 W. Baker Rd. Courtroom
September 20 , 6:00 a.m. – 10:00 a.m.	Commissioner Precinct 3 Westside Service Center 16635 Clay Rd. Meeting Room	October 22 , 8:00 a.m. – 11:00 a.m.	Annex 26 Jim Fonteno Annex 14350 Wallisville Rd. Courtroom
September 21 , 8:00 a.m. – 11:00 a.m.	Annex 17 Cypresswood Courthouse 6831 Cypresswood Dr. Constable's Conference Room	October 23 , 8:00 a.m. – 11:00 a.m.	Protective Services Youth Service Center 6300 Chimney Rock Room 204
September 26 , 6:00 a.m. – 8:30 a.m.	Flood Control South Service Center 5301 Alameda Genoa Rd. Meeting Room	October 24 , 7:00 a.m. – 11:00 a.m.	Civil Courts Building 201 Caroline 17th Floor Conference Suite
September 27 , 6:00 a.m. – 9:00 a.m.	Flood Control North Service Center 7522 Prairie Oak Dr. Pavillion	October 25 , 8:00 a.m. – 11:00 a.m.	Toll Road Authority Admin Offices 7701 Wilshire Place Dr. Building B
September 28 , 7:00 a.m. – 11:00 a.m.	Flood Control District Administrative Offices 9900 NW FRWY 1st Floor Training Room	October 26 , 8:00 a.m. – 11:00 a.m.	Toll Road Authority Westside Service Center 2707 W. Sam Houston PKWY N. Courtroom
October 1 , 8:00 a.m. – 11:00 a.m.	Juvenile Probation Leadership Academy 9120 Katy Hockley Rd. Gym	October 29 , 8:00 a.m. – 10:30 a.m.	Annex E Palm Center Annex Constable Precinct 7 5290 Griggs Rd. Training Room
October 2 , 8:00 a.m. – 11:00 a.m.	John P. Phelps Courthouse 101 S. Richey (Pasadena) Precinct 2 Training Room	October 30 , 8:30 a.m. – 11:30 a.m.	Commissioner Precinct 2 East HC Activity Center 7331 Spencer HWY
October 3 , 7:00 a.m. – 11:00 a.m.	Juvenile Justice Center 1200 Congress 1st Floor Training Room	October 31 , 7:00 a.m. – 9:30 a.m.	Commissioner Precinct 4 Lyons Maintenance Camp 11920 TC Jester
October 4 , 7:30 a.m. – 11:30 a.m.	Annex M Murworth 2525 Murworth Dr. Room D36	Events with Flu Shots Only October 4 , 10:00 p.m. – 12:00 a.m. 1200 County Jail 1200 Baker Conference Room October 9 , 11:00 a.m. – 3:00 p.m. 1200 County Jail 1200 Baker Conference Room October 18 , 10:00 p.m. – 12:00 a.m. 701 County Jail 701 N. San Jacinto ODR	
October 11 , 8:00 a.m. – 11:00 a.m.	Public Library Administrative Offices 8080 El Rio Training Room		
October 12 , 7:00 a.m. – 10:00 a.m.	Annex 13 Constable Precinct 5 17423 Katy FRWY 2nd Floor Training Room		

For questions, email wellness@bmd.hctx.net
or call 713-755-7057.

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