

# YOU FIRST U MATTER

**YOU Matter - Put YOU FIRST!** You Matter to UW-Whitewater and you matter to your family and friends, which is why it's important to invest in YOU and get health screenings. Early detection leads to improved chances of overall outcome.

Take time to see your health care providers regularly and get annual screenings. Preventative Services are 100% covered with SGH when seen by an in-network provider. Scan the QR code to learn more.



## Resources

In addition to preventative services covered by health insurance there are many available services on campus and in the area. There is a Blood Pressure Kiosk located in the UC for employees to use to check their blood pressure. The Benefits and Wellness team sponsors a Wellness Fair every spring featuring wellness providers and their services from on and off campus.

Leave-earning employees are allotted sick leave so employees can take paid time off of work to get to medical appointments and receive care while not worrying about losing income. For employees that are not in leave earning positions UW-Whitewater encourages supervisors to work with employees and provide flexibility with their work schedule to allow time off for appointments.

### Free Mammograms

[freemammograms.org](http://freemammograms.org)

### Preventative Care and Health Screenings

[healthcare.gov/coverage/preventive-care-benefits](http://healthcare.gov/coverage/preventive-care-benefits)

### Free Prostate Cancer Testing

[zerocancer.org/free-prostate-cancer-testing-near-you](http://zerocancer.org/free-prostate-cancer-testing-near-you)

### Free Dental Clinic Locator

[dhs.wisconsin.gov/guide/freedental.htm](http://dhs.wisconsin.gov/guide/freedental.htm)

### Blood Pressure Kiosk

[uww.edu/worksitewellness/tools](http://uww.edu/worksitewellness/tools)

### Worksite Wellness

[uww.edu/worksitewellness](http://uww.edu/worksitewellness)

### Sick Leave

[wisconsin.edu/uw-policies/uw-system-administrative-policies/sick-leave-2](http://wisconsin.edu/uw-policies/uw-system-administrative-policies/sick-leave-2)



Benefits and Wellness Team

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