

## Ways to complete your Annual Exam

1. Schedule an appointment with your primary care provider.
2. If you are a HealthSelect participant, you can order a Catapult Health virtual check-up kit and do your exam from home. Scan the QR code below for more information.
3. Participate in an Onsite Preventive Check-up. Check with HR to find out when and where!



**Order your Virtual Checkup Kit**



**Adult Preventive Health Guidelines**



**Take Your online Health Assessment**



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*Mr Birthday wishes for you!*

May you feel a strong sense of purpose.

May you never lose your badge.

May you feel appreciated at ERS.

May you always remember where you parked your car.

May you experience the ideal work-life balance.

May your meetings end on time.

May you feel supported in your professional growth.

May you enjoy doing things you love.

May you work smarter, not harder.

May you enjoy 8 hours\* of leave for completing your annual preventive screening.

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## Happy Birthday!

I value and appreciate all you do for ERS.

My birthday wish is that  
you can find time to make you  
and your health a priority this year.

Your birthday is a great time  
to schedule your annual preventive  
check-up and cancer screenings.

I hope you take this opportunity to earn  
wellness leave to do something you enjoy!

Sincerely,

\*As a gift to yourself, you can earn 8 hours of wellness leave  
for completing your annual preventive screening and online  
Health Assessment.

Learn more and download the Wellness Incentive form on  
ERS Connect- Wellness Incentives.

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