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EMPLOYEE SERVICES

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Last fall, Be Colorado?the wellness component of your CU Health Plan?held 20 health screening events from September through early November, with 2,288 employee participants, a 24 percent increase in participation from 2012.



By participating in the health screening, employees enrolled in a CU Health Plan, as well as their spouse or partner, had the opportunity to measure their cholesterol, blood glucose, blood pressure, height, weight and waist circumference. Free flu shots and optional blood tests also were available.

Participants were entered into a drawing to win one of 50 Fitbit Zip activity trackers, which are compatible with the Be Colorado *Move.* program. There were 43 winners from CU, five from UCHealth, and two from University Physicians, Inc.

Interested in learning more about the *Move.* program? See our [step-by-step enrollment instructions](#) [1] and short instructional video on using the Be Colorado *Move.* app to track your physical activity.

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Intro:

Congratulations to 43 CU employees who won Fitbit activity-tracking devices, simply by participating in the CU Health Plan's fall health screenings.

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Employee Services

Source URL: <http://www.cu.edu/employee-services/news/43-cu-employees-win-fitbit-zips>

Links:

[1] <http://becolorado.org/news/be-colorado-move-app-now-available>

[2] <http://www.cu.edu/news-type/news>

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