

## [Tulane Living Well to host health fair & help with end of year wellness incentives](#)

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Tulane Living Well has two locations to serve both downtown and uptown campuses. (Photo by Carolyn Scofield)

There are only a few weeks left before campus closes for winter break, and the time is now to complete the [Wellness Annual Health Incentive](#) offered for all employees on Tulane University insurance plans. [Tulane Living Well Clinic](#) is available to help.

Tulane employees and spouses who have primary coverage through Blue Cross Blue Shield are encouraged to participate by completing any of the activities below by December 31, 2022, to earn the associated rewards. Activities include:

- Health Survey — \$200
- Wellness Exam\* — \$200
- Three Rally Missions — \$100

City Walk Challenge — \$25 each  
Non-Step Based Challenge — \$25 each  
Two Health Coaching Calls —\$100  
Preventive Screening — \$50

Eligible employees can earn up to \$500 or \$1000 in HSA deposits, HRA deposits, or gift cards, depending on your plan and coverage tier. The Living Well Clinic offers free exams to all Tulane employees, and they still have available appointments before the end of the year. Living Well has two convenient locations, downtown in the Hutchinson Building at Tulane University School of Medicine, and uptown at University Square.

Tulane Living Well will also be holding a health fair at the School of Medicine **Wednesday, November 30 from 9 am to 1 pm**. Stop by the Hutchinson lobby for a free blood pressure check and fun giveaways. You can also learn more about the services offered at Tulane Living Well, including health coaching, smoking cessation, and mental health care.

“The best present you can give yourself this holiday season is the gift of health,” said A. Jenine Dabon, MN, APRN, board-certified Family Nurse Practitioner at Tulane Living Well. “A simple blood pressure check can reveal information about your overall wellness, so stop by our health fair and learn how Tulane Living Well can help you begin 2023 in a healthy way.”