



Prince George's County Government Employees—

Your wellness program, Level Up, will host **Resiliency Roadshows** this May. Our Resiliency Roadshows are an annual campaign that features various activities showcasing challenges, triumphs, and the ever-changing journey of mental health. This year, we are hitting the road to bring the event(s) to you! Don't miss the biggest event of the spring!

NEXT STOP:

Join us on **Wednesday, May 1**, at the RMS Building (1400 McCormick Drive) from 10 a.m. to 2 p.m.

Coming Soon...

Resiliency Roadshows

- **Employees may attend any Resiliency Roadshow listed below.**
 - Come to one or come to all the events—we would love to see you!
 - Stop by the Level Up table and meet the Wellness Champions!
- **Advance registration required for FREE services.**
 - You must register for free dental cleanings and/or biometric screenings in advance.
 - Aetna dental insurance **is not required** to receive a free dental cleaning. Jet Dental will bill your dental insurance plan.
 - Cigna or Kaiser Permanente membership **is not required** to receive a free biometric screening.
- **Your health is important—and so is your time.**
 - Look at your calendar and save the date for the roadshow(s) you want to attend!
 - Register for free services and be sure to participate in the free onsite wellness activities.
- **Attend and you could win BIG!**
 - Sign up today for a free dental cleaning and you could win an **Apple Watch!**
 - Sign up today for a free biometric screening and you could win an **Apple iPad!**

Resiliency Roadshows

Look at what we have planned for you!

- **Educational wellness activities**
- **County employee benefit vendors**
 - *Medical, dental, financial, and more!*
- **FREE! Dental cleanings***
- **FREE! Biometric screenings****
 - *Receive a free non-fasting biometric screening.*
- **Fun wellness activities**
- **Seated massages**
- **Cooking demonstrations**
- **Farmers market**
- **Giveaways**
- **And much more!**

| Date | Time | Location | Free Dental Cleaning* | Free Biometric Screening** |
|------------------------------------------------|-------------------------|---------------------------------|-----------------------------------------------------|---------------------------------------------------------------------------------|
| <i>Registration not required to attend RR.</i> | | | <i>Registration is required for these services.</i> | |
| Wed., 5/1 | 10:00 a.m. to 2:00 p.m. | 1400 McCormick Dr. Largo, MD | n/a | Register today! Reg. Key: <i>PrinceGeorges2024</i> |
| Tue., 5/7 | 10:00 a.m. to 2:00 p.m. | 925 Brightseat Rd. Landover, MD | Register today! | Register today! Sign-up Code: PGCG |
| Wed., 5/8 | 10:00 a.m. to 2:00 p.m. | 1801 McCormick Dr. Largo, MD | Register today! | Register today! Sign-up Code: PGCG |
| Thu., 5/9 | 10:00 a.m. to 2:00 p.m. | 1301 McCormick Dr. Largo, MD | Register today! | Register today! Reg. Key: <i>PrinceGeorges2024</i> |
| Wed., 5/15 | 10:00 a.m. to 2:00 p.m. | 1400 McCormick Dr. Largo, MD | n/a | Register today! Reg. Key: <i>PrinceGeorges2024</i> |
| Thu., 5/16 | 11:00 a.m. to 3:00 p.m. | 3003 Hospital Dr. Cheverly, MD | n/a | Register today! Sign-up Code: PGCG |

Questions

Contact LevelUp@co.pg.md.us with any questions.

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Please review the list of [frequently asked questions](#) for more information.

**Regular preventive cleanings are 100% covered by the County's Aetna dental insurance. Patients with periodontal gum disease may need a deeper cleaning (known as scaling and root-planing), which requires a copay. Jet Dental's professional team will review any applicable costs before performing treatment and can offer flexible payment options as needed.*

KNOW YOUR NUMBERS

****Biometric screenings include blood pressure screening, body mass index (BMI), health education, blood draw (non-fasting): A1C, cholesterol, and glucose check.**