

Biometric Screening Frequently Asked Questions

Why should I participate in a biometric screening?

The information you gain from routine biometric screenings can improve your health. “Knowing your numbers” enables you to be proactive in addressing any health issues so you can stay healthy and live better. You will learn more about your general health and any possible health risks. During the screening, you also will have an opportunity to find out about the health services available to you and ask questions or address health concerns with a medical professional.

Are the results of my biometric screening confidential?

Indiana University Health is a HIPAA-compliant organization and takes confidentiality very seriously. At no time will your individual biometric screening results be provided to your employer.

Who should participate in a biometric screening at the Health and Wellness Center at Washington Township?

You can avoid an \$800 increase in your health insurance premium (\$100 per month) if you complete a biometric screening and an online Health Risk Assessment (HRA). (You will receive instructions on how to complete the HRA at your screening.) If your spouse is on your health plan, he or she must complete the biometric screening and HRA, or your premium will increase. The online HRA should be completed within 30 days of your biometric screening.

Please note: If you completed a biometric screening through your physician or the health and wellness center after June 1, 2015, or if you are pregnant or one-year postpartum, you **do not** have to complete the biometric screening. However, to avoid the increase in your premium, you will have to complete the online HRA **and** have your physician fill out the Physician Form and fax it to the Health and Wellness Center at Washington Township. The Physician Form is available on the center’s website. **It is your responsibility to call the health and wellness center to ensure your completed Physician Form has been received from your doctor’s office.**

When and where will the biometric screenings take place?

Biometric screenings will take place on select days from Oct. 1 – Jan. 28 at the Health and Wellness Center at Washington Township. The center is located at Northview Middle School (Door 19A South), 8401 Westfield Blvd.

What does the biometric screening include?

A simple finger stick will help you learn important details about you:

- Blood pressure
- Height and weight
- Body mass index (BMI)
- Waist circumference
- Cholesterol (total, HDL, LDL and triglycerides)
- Fasting blood glucose
- Hemoglobin A1C

How long will the biometric screening take?

Please allow 15 to 20 minutes to complete the screening.

How do I prepare for the biometric screening?

It’s important that you fast for 12 hours prior to your appointment. Do take any prescribed medications as usual, however. You may also drink water. In addition, please bring your health insurance card to your appointment.



(See back side for more information.)



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Can I return to work after the screening?

Yes, it is safe to return to work after your biometric screening.

When will I get my results and what happens next?

The results will be shared with you before you leave the screening. You will have an opportunity to talk briefly with the health coach to review your results. You'll also be able to schedule a one-on-one session with the health coach at a later date to discuss your results in more detail, set health goals and develop a plan for improving your numbers. For follow up, you can also schedule an appointment at the Health and Wellness Center to speak with the physician about your results.

Are there any incentives for participating in the biometric screening?

You can avoid an \$800 increase in your health insurance premium (\$100 per month) if you complete a biometric screening and the HRA. (If your spouse is on your health plan, he or she must complete the biometric screening and HRA, or your premium will increase.) The online HRA should be completed within 30 days of your biometric screening.

Scheduling your biometric screening takes just a few minutes

Visit: booknow.appointment-plus.com/7q75120e/

Instructions for first-time users

- A calendar with available biometric screening dates will appear. Click on a date, and the available time slots will appear. Click on **Book Now** next to the appointment time you prefer.

Please note: To see other options, click on the << **Previous** or **Next** >> buttons to select a new date on the calendar. A new **Select Appointment Time** box will appear. Choose a time by clicking on the white space next to the time you prefer.

- Your selected appointment time will appear and you will be asked the following:
 - Are you a new or returning user?
 - If new user, click on **New User** in the tool and complete the required information. After completion, click **Finalize Appointment**.
 - If returning user, enter your login and password and click **Login**. Click **Finalize Appointment**.



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