

## Frequently Asked Questions:

### **1. What is biometric screening?**

A biometric health screening is a short confidential health examination that indicates your risk for certain diseases and medical conditions. It is intended to be a **screening event** (not a diagnostic event) meant to provide information on current and potential medical issues that you can share with your primary care physician (PCP). If your biometric screening results are outside of normal ranges, you can then work with your PCP on diagnosis and treatment of issues that may potentially be identified through the workplace screening event.

### **2. How is the screening conducted and what information will be collected?**

IgniteHealth, a healthcare organization that specializes in biometric testing, will conduct the screening at the worksite. A finger stick test that draws a small blood sample will be done to provide total cholesterol, HDL (“good cholesterol”), LDL (“bad cholesterol”), triglycerides, and glucose. In addition, you will also receive a blood pressure reading, waist circumference measurement, and body mass index calculation (a measure of body fat based on height and weight). Results are immediately available and a short counseling session to review your personal results will be provided. In addition, you will receive an informational brochure to help you to better understand these results.

### **3. Why should I participate?**

IgniteHealth and your Employer want you to have the information you need to get and stay healthy and “knowing your numbers” is a great first step. Being familiar with these important health measures and what they mean can help you to focus on taking action to improve your health. Additionally, some employers include biometric screening as part of an employee wellness and/or health benefit program.

### **4. What about privacy and protecting participants’ personal health information?**

The health screening layout is designed for efficient flow and to assure privacy, from the registration table to the screening/counseling areas. When necessary, privacy screens and noise reduction machines are utilized by screening staff and all results are provided in a confidential manner. Any Personal Health Information (PHI) gathered during the screening is protected by state and federal privacy laws including the Health Insurance Portability and Accountability Act (HIPAA). IgniteHealth privacy practices are posted at all screening events and a written copy of our Privacy Statement is available upon request. The privacy notice describes how medical information about you may be used and disclosed and how you can get access to this information.

### **5. Who will see my results?**

At the conclusion of the screening, a counselor will discuss your results with you. IgniteHealth takes the privacy of your health information very seriously. IgniteHealth’s Privacy Notice reviews in detail how we may use and disclose your health information. Your employer may receive a completely anonymous, aggregate report that summarizes total average numbers to assist in planning employee wellness programs. Also, your results are NOT sent to your personal physician’s office, but we encourage you to bring your report to your next doctor’s visit or send the office a copy for your medical record.

### **6. Will completing the biometric screening increase my health insurance or cause my insurance to be cancelled?**

NO. Completing the biometric screening will not increase your insurance rate or cause your insurance to be cancelled.

**6. Instead of participating in the worksite screening, can I utilize biometric screening ordered by my personal physician?**

In most cases, you may submit screening results collected by your health care provider to IgniteHealth Wellness Management Services if you work at a location that did not have a sponsored health/biometric screening fair, you were unable to attend an onsite health/biometric screening event, or prefer to have the results documented by your personal provider. Please contact Human Resources at your Employer to receive a packet of information on how to submit biometric results from your primary care physician.

**7. Are these results as accurate as going to my doctor's office or getting venous blood drawn and run by an independent lab?**

With today's advanced technology, all of the basic blood testing options are available through either a finger-stick or a venous blood sample. Finger-stick blood glucose measurements have been an accepted standard of medical care for many years and there is a large body of literature that supports finger-stick screening for lipids (cholesterol measurements), as well. IgniteHealth uses FDA-approved fingerstick blood collection analyzers that have been demonstrated to provide consistent and accurate results. We also utilize rigorous quality assurance testing to assure accurate and reliable results at each screening event. We strongly believe that the immediate availability of results and real time exit counseling available only with finger stick blood testing makes this the best approach for worksite based screening.

**8. Do I need to fast? How do I prepare for my screening?**

Fasting for eight hours is strongly recommended for the most accurate reading of glucose and LDL ("bad cholesterol"). Fasting is defined as no food or other caloric intake, so drink only water in the 8 hours prior to your screening. Also, avoid chewing gum or mints (even if sugarless). If you have a chronic illness such as diabetes, or operate heavy machinery, please consult your physician prior to fasting for the screening.

Drink plenty of water prior to the screening as this will allow for an easier blood draw. As weight and other body measurements will be performed, light-non bulky clothing will assist with more accurate readings. Arrive five minutes prior to your screening time as relaxing a few minutes prior to your screening will help to assure that your blood pressure is at a resting level.

**9. Should I participate in biometric screening if I'm pregnant?**

IgniteHealth recommends that pregnant women NOT undergo worksite biometric screening. While it is certainly safe for pregnant women to undergo biometric screening, the biometric data obtained during pregnancy is considered by medical experts to be inaccurate. Besides the obvious changes that occur in body weight (and therefore BMI), pregnancy raises cholesterol and triglycerides. If your company wellness program or benefit enrollment process requires biometric screening, please contact Human Resources at your Employer to discuss a pregnancy exemption.

**10. Should I take my prescription medication before the screening?**

Yes, take your routine prescription medications with water only. If you are on medication for diabetes, please see next response.

**11. Can I eat before the screening if I'm diabetic?**

Check with your health care provider to get specific instructions. Also, try to schedule your appointment as early as possible in the morning to prevent a longer fast, and bring food with you to eat as soon as the procedure is complete and you are cleared to eat.