

General Biometric Screening FAQs

NCIRE is offering you the opportunity to receive a biometric screening that will help you better understand your health. Biometric screening information can prevent or delay chronic conditions and complications such as hypertension, heart disease and diabetes. A biometric screening can provide you with health information so that you may make informed decisions about your health and wellness. Once you complete a biometric screening, your next step might be to explore free Wellness and Healthy Lifestyle offerings within your medical plan. Both Cigna and Kaiser offer comprehensive and free online programs, classes and coaching.

HOW DO I SIGN-UP? [My.QuestForHealth.com](https://www.myquestforhealth.com) and register with Registration Key: **NCIRE2018**. If your record is not found, click “Continue” again to create your account. We encourage you to pre-register. There are a limited number of slots.

Q: What is a biometric screening?

A: Biometric screening information can help inform about risks associated with chronic conditions and complications such as hypertension, heart disease, and diabetes. The screening will include a Body Mass Index (BMI) calculation, Height and Weight measurement, Blood Pressure reading and a fingerstick testing for cholesterol and glucose levels. A screening includes a blood pressure check, height and weight measurement, body mass index calculation and a partial lipid profile, which is a group of tests to determine the risk of coronary heart disease.

Q: Who will see my test results?

A: Your privacy is important to us. Your screening results will be kept confidential in accordance with the law, and with your consent, may be shared with your health plan (if you are a Cigna member) for administration of your wellness programming and other health plan activities (e.g., suggesting health-improvement opportunities or inviting you to participate in a health management or coaching program).

To the extent your employer group health plan provides incentives related to the biometric screening program, with your consent, information related to your participation in the biometric screening program and eligibility for various incentive awards may be shared with the plan sponsor of your employer group health plan for the purpose of administering your incentive award.

Group (not individual) results for the broad population will also be shared with your employer or plan sponsor to help them and our health plan providers and health vendors design and implement future health programs.

Here are some additional key points related to the privacy of your health information:

Q: What about privacy and security?

- Security measures are in place to prevent the loss, misuse or alteration of the information you submit. All Internet communications with the websites are done under SSL encryption to protect the data in transit.
- The web pages were designed with security and privacy as their primary objective.
- The websites' servers are constantly, automatically monitored for intrusions. Their network and computer security is regularly maintained and has been audited by an external security team and access to data is restricted.

The program is operated in compliance with the privacy requirements of the Health Insurance Portability and Accountability Act of 1996 ("HIPAA").

Q: Is participation mandatory?

A: Participation in biometric screenings is NOT mandated.

Q: Who is eligible to participate in the biometric screening?

A: All **benefits eligible** employees, 18 years of age or older, at no cost.

Q: Do I need to be enrolled in a medical plan to participate?

A: No, as long as you are benefits eligible, meaning you are full-time and work 30 hours or more you will qualify to participate.

Q: Can my spouse/domestic partner participate in the biometric screening program?

A: No, employees only.

Q: What can I expect at my onsite biometric screening?

A: Participants will complete their screening through a series of stations, starting with the registration station where consent forms will be completed for the onsite biometric screening. Once forms are complete, the participant will move through the screening, having his/her weight and height measured to calculate BMI (body mass index), blood pressure measured, and a fingerstick test performed to measure glucose (blood sugar) and cholesterol from a small blood sample. At the last station, the participant's results are summarized and reported confidentially to the participant and a tip sleeve is provided that contains additional screening information as a take-away.

Q: How will I receive my results?

A: You will be completing a Consent Form upon arrival at the screening. You will take this form from station to station and your values will be recorded on it. At the final station you will have an opportunity for a results review with a practitioner. They will confidentially point out the ranges for each screen and where you fall within those ranges.

You will also be provided with a tip sleeve that contains additional information on each screen performed, the reference ranges, and tips for helping to bring out of range values back in line. Note: This tip sheet is for additional information only and is not a substitute for medical advice from your primary care physician. It is always recommended that if you have additional questions or concerns regarding your results to consult your physician.

Q: How long is the onsite biometric screening appointment?

A: The biometric screening takes less than 30 minutes (registration through results return).

Q: Is there anything I need to do prior to my onsite biometric screening appointment?

A: Fasting before this screening is not required. However, we recommended that you drink 2 glasses of water during the 2 hours prior to your appointment.

Q: Do I need to bring anything to my onsite biometric screening appointment?

A: Your employer may request that you bring specific identification; however, it is always a good idea to have a photo ID (ex. Driver's license or employee ID card).

Q: What happens if I need to reschedule my appointment?

A: Appointments for the onsite biometric screening may be changed up until 12pm (noon) the day before the appointment. Using the "Reschedule" button of the registration site, you may change your appointment time at your location if time slots are still available.

Q: What if I don't receive an email immediately after registering on this website?

A: If you provided a valid email address, you should receive your confirmation email within the hour after registering.

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Steps:

- You will be asked to enter your social security number and date of birth, click continue
- You will be asked to complete a quick health questionnaire, click continue
- You will be able to select your appointment time
- **Registration Summary: Print your confirmation** and mark your calendar.
- If you need to make a change or cancel your registration, click on "Reschedule" or "Cancel" when you login my.questforhealth.com before July 10, 2018.

To prepare for your screening appointment:

- Fasting before this screening is *not* required.
- Drink at least 2 glasses of water during the 2 hours prior to your appointment.
- Make sure to wear loose-fitting sleeves