Biometric Screening
Frequently Asked Questions

What is a Biometric Screening and why is it important?
The Biometric Screening is a short health exam that provides information about your risk for certain diseases and medical conditions. Knowing your numbers - the results of your Biometric Screening is the first step to healthy living because it helps you understand where you can take action to improve your health. The screening includes body measurements and a simple finger stick to obtain a blood sample. The following measurements are collected:

- Total cholesterol, HDL, LDL, and total cholesterol to HDL ratio
- Fasting glucose, Triglycerides
- Systolic and diastolic blood pressure
- Height, weight, BMI (body mass index), blood pressure
- Waist size/circumference (because abdominal fat is a predictor of or risk for obesity-related diseases)

These biometric measurements have been chosen because they are the leading indicators for diabetes, heart disease and obesity.

Who is eligible to participate in a Biometric Screening?
This information applies to employees covered by a medical plan and employed by the State of Indiana by May 1, 2014, and does not apply to conservation officers, excise officers, Indiana State Police plan participants, part-time, temporary employees or contractors.

How long does the screening take?
The screening should take 15-20 minutes. Please remember to arrive on time.

What do I need to bring to my appointment?
You will need your health plan membership card and photo ID.

How do I prepare for my Biometric Screening?
- Before your screening appointment you are required to fast for 9-12 hours.
- **DO NOT** eat or drink anything except water; black coffee and tea are also fine; however, do not use cream or sugar.
- **DO** take all medications as directed by your physician(s) as you normally would.
- **DO** drink plenty of water before your screening to stay hydrated.
- If you have a medical condition that does not allow you to fast for 9-12 hours, please follow your healthcare provider’s instructions.
- **DO** wear a loose fitting shirt that allows you to roll up your sleeve for a blood pressure check.
How do I schedule my Biometric Screening appointment?
For your convenience, your appointments can be scheduled online. Make your appointment by visiting the Invest In Your Health website at www.InvestInYourHealthIndiana.com/Upgrade.

Click on the “Schedule Biometric Screening” button and follow the steps below:

1. **County & Screening Location**
   - Select “county” from drop down menu
   - Select “screening location” from drop down menu

2. **Screening Date**
   - Select your screening date from calendar

3. **Appointment Time**
   - Select your appointment time
   - Click on “book it” button

4. **User Information**
   - Select “new user” or returning user box

5. **New User Information**
   Enter the information requested on form:
   - First name, last name, address, city, state, zip, daytime phone number, cell phone, email, login, password

6. **Finalize Appointment**
   A confirmation screen will open with appointment details:
   - If you do not have Internet access or have trouble with the online site, contact Jessica Powers at jpowers5@iuhealth.org for assistance in making the appointment or call the SPD Benefits Hotline at 877-248-0007.
   - The early slots fill up quickly, so make your appointment as soon as possible.
   - The appointment system closes 2 full business days in advance of an event.

**Do I have to complete all of the measurements/tests in the Biometric Screening?**
Yes. You will need to complete all screening measurements to complete the second step to qualify for the new Wellness CDHP.

**Can I go to my primary care physician to get my Biometric Screening done?**
Yes. You may use biometric results from a physician’s visit. You will need to print the 2015 Physician Option Form for State Employees to take with you to your appointment.

**Where can I find the Physician Option Form?**
Will I have to pay for the screening?
There is no charge to you for the on-site screening. If you choose to take the 2015 Physician Option Form for State Employees to your doctor, contact the office to determine if there is a fee for submitting a 2015 Physician Option Form for State Employees.

What if I cannot make it to my screening appointment?
You may cancel your appointment by logging on to the Invest In Your Health website at www.InvestInYourHealthIndiana.com/Upgrade.

- Click on the “Schedule Biometric Screening” button and follow the steps below:
  - Under Appointment Scheduling it lists all future appointments
  - Click “cancel” next to the appointment you want to cancel
  - Cancellation Reason
  - Enter a reason for cancelling and click “cancel appointment”

If I do not have a computer and cannot access the Internet, how do I participate?
For assistance regarding the screenings please call Lindsey Maloy at 317-218-0650 or contact SPD Benefits Hotline:

- 317-232-1167 (Indianapolis)
- 877-248-0007 (outside of Indianapolis)

What if no appointments are available at the screening location and time I would like?
You may select another location and time or you may choose to submit a 2015 Physician Option Form for State Employees. Additional screenings or screening hours may be extended depending on demand. (Some locations are restricted, and this will be noted on the schedule.)

Is the screening done on work time?
If a screening is occurring at your location, it can be scheduled during work time. You must receive supervisor approval to attend. Supervisors are encouraged to accommodate these requests when possible.

Are the test results confidential?
All Biometric Screening information is personal and confidential, as protected by federal law. Your employer will not have access to individual screening results. This information is to help you understand your health so you can take appropriate action to improve your health.

What happens to the data collected from the Biometric Screening?
All data collected from your Biometric Screening is confidential and will not be shared with your employer. Indiana University Health only shares overall results with your employer (i.e. total percent of employees with normal blood pressure) to help determine the benefits of potential wellness programs.

Can I return to work afterward?
Yes. It is safe to return to work after your screening.

What if I have questions about the Biometric Screening event?
For assistance regarding the screenings please contact Jessica Powers at jpowers5@iuhealth.org or call the SPD Benefits Hotline at 877-248-0007.

When will I get my results?
All of the results (height, weight, BMI, waist circumference, blood pressure) will be shared with you during your screening.