

# Biometric Screening vs. Wellness Visit Comparison Chart

Most of us know that closely monitoring our health is a key part of staying well.

In previous years, state of Indiana employees had biometric screening options. A biometric screening is a good tool to check-up on important health indicators, such as your body mass index (BMI), blood pressure, cholesterol, and blood glucose. While having that information is an important part of determining where you are on your wellness journey, a biometric screening doesn't give you a complete picture of your overall health.

An annual wellness visit (also called an annual physical or check-up) with a provider gives you a more in-depth look at your current overall wellness. A wellness visit checks all of the same health indicators as a biometric screening, but fills in the gaps and gives you a more comprehensive look at your overall health.

Check out this chart to see the advantages of a wellness visit:

	Biometric Screening	Wellness Visit
Height, Weight & Body Mass Index (BMI)	•	•
Waist Circumference	•	•
Blood Pressure	•	•
Cholesterol	•	•
Blood Glucose	•	•
Triglycerides	•	•
Additional lab work based on health history and individual needs		•
Discuss lab results and how it impacts your overall health		•
Review Individual & Family Medical History		•
Review for missing preventive care screenings		•
Review current medications and medication needs		•
Conversation about current diet, exercise and other daily routines		•
Create plan to improve overall health		•
Use of an electronic health record to monitor health changes over time		•

No matter your age or health status, having an annual wellness visit is important preventive care. It's the best way to detect health issues, monitor changes over time, and create a personalized plan that will work for you. Your healthcare provider will take the time to thoroughly review your results and explain exactly what they mean for you.

Even though many of us already know how important an annual wellness visit is, life is busy and it is easy to find excuses to put it off. This year, state of Indiana employees covered by an Indiana State Personnel Department health plan have an extra incentive to make sure this important health check-up gets done – a \$100 gift card!

**Make a plan to complete your annual wellness visit and earn your \$100 gift card!**  
 Find more information and get helpful tips at [www.investinyourhealthindiana.com/wellness-visit](http://www.investinyourhealthindiana.com/wellness-visit).

