

# State of New Mexico

## Frequently Asked Questions - Biometric Screenings

### **Who can participate in the screenings?**

All State of New Mexico and Local Public Body (LPB's) employees and spouses/ domestic partners (DP) covered under the state medical plan can participate in biometric screenings.

### **Why should I participate?**

Onsite biometric screenings provide immediate feedback on any possible risk you may have for developing diabetes, high blood pressure, heart disease and obesity among other chronic conditions. Combined with quality onsite health education, the biometric screening experience can be a motivational tool towards making positive lifestyle changes.

### **What are biometric screenings?**

Biometric screenings are typically included as part of an overall workplace health assessment to benchmark and evaluate changes in employee health status over time at or near your worksite. They can help individuals understand their health risks, especially when combined with a Personal Health Assessment questionnaire like the one available through your employer's online wellness portal. Screening locations and dates are subject to change. Check the [Stay Well Wellness Program portal](#) event registration calendar within the online wellness portal for the most up to date screening events near you.

### **What do biometric screenings measure?**

Biometric screenings measure physical characteristics such as height, weight, body mass index, waist circumference, blood pressure, blood lipids and fasting blood glucose tests.

### **Do I have to pay for my screening?**

No. Your employer covers the cost of the screenings as part of your medical plan.

### **Does it matter which health plan I have?**

No. As long as you are covered under the State of New Mexico medical plan -- regardless of whether you have Blue Cross Blue Shield or Presbyterian -- you and your spouse/ domestic partner (DP) can participate.

### **How often can I have a biometric screening?**

Biometric screenings are available to each individual one time per year.

### **Will my employer see my results?**

No. The screenings are completely confidential and none of your personal information will be shared with your employer.

### **When will my employer offer biometric screenings?**

Biometric screenings will be offered around the state beginning in February 2017.

### **How long will my screening take?**

Your screening should take approximately 20 minutes.

### **Do I need to be fasting prior to attending a biometric screening?**

All participants planning to attend a screening must be fasting and abstain from food or drink for 10-12 hours prior to their scheduled screening time.

Exceptions are plain water.

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### **Can I take my medications as prescribed the morning of a biometric screening?**

Yes, take any necessary medications as prescribed. Medications will not interfere with screening results.

### **Can I sign up now?**

Yes! The event registration calendar is available event through [the Stay Well Wellness Program portal](#) under the event registration tab.

In order to register the first time, all users will need either their Blue Cross Blue Shield or Presbyterian Health Services insurance card.

### **Screening slots fill quickly so be sure to sign up early!**

Please contact The Solutions Group at [thesolutionsgroup@phs.org](mailto:thesolutionsgroup@phs.org), or by calling 505-923-5703. We will respond as quickly as possible.

## What to Expect at Your Biometric Screening

### **What happens on the day of the screening?**

When you arrive at the screening, go to the registration table to get signed in. Once you've signed in, you will be provided with a consent form to complete and sign. You will also receive a brief overview of the screening measures, which will include:

- Height, Weight, Waist Circumference, Body Composition
- Blood Pressure
- Lipid Profile – Total Cholesterol, Triglycerides, HDL, and LDL
- Fasting Glucose (Blood Sugar)

### **Who are the screeners?**

The screeners are trained nurses and health coaches hired by The Solutions Group to assist with the screenings.

### **I'm concerned about privacy. Can other people see and hear what takes place during my screening?**

Our screeners make every effort to ensure your privacy during testing. When you arrive, you will see privacy screens throughout the room.

### **Do I have to participate if I am on the State of New Mexico medical plan?**

No. Participation in the screening is completely voluntary.

### **How do I get my screening results?**

Once you have completed your biometric screening, you will receive a results sheet with your test information and recommended measurement ranges from the screener. Your results will also automatically be uploaded and verified within a few days of your screening and stored within your personal portal page where you can keep track of your results electronically. Simply log back in to the online portal to see your test results.

### **How do I fill out my Personal Health Assessment?**

During the screening, there will be stations available to complete your online Personal Health Assessment (PHA) within the wellness portal. The Personal Health Assessment is a questionnaire tool that will better help gauge your current health status and how you can make improvements to your overall health and well-being. *The PHA is completely voluntary and confidential* and takes approximately 15 minutes to complete. Once you complete the assessment you will receive a report that provides you with the health information you need to create your own personalized health improvement plan, including additional resources based on moderate to high risk areas.

To aid in an optimal screening experience and reduce total appointment time, it is highly encouraged that you complete the Personal Health Assessment prior to the screening event.

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### **Are there any giveaways during screening events?**

Everyone who participates in a screening during the 2017 calendar year will receive a free wellness giveaway(s) as a token of our appreciation upon completion of the screening. Raffle drawings for larger giveaways, including activity device tracker, will take place following each screening event. More participation equals more raffle prizes!

## **Preparing for Your Biometric Screening**

### **How do I prepare for my screening?**

To participate in a screening you must be fasting for 10-12 hours prior to the selected screening time. Water is permitted. If you take medication(s), please continue to take your medication(s) as prescribed.

### **Fasting guidelines:**

- Do not eat or drink **anything except water** for 10-12 hours before your screening.
- Drink water the day of your screening to ensure proper hydration.
- If you take medication(s), please continue to take your medication(s) as prescribed.
- Do not exercise for 12 hours prior to the test.
- Urinate within 30 minutes prior to the test.
- It's best if you do not to drink alcohol for 48 hours prior to the test.
- If you take diuretics (water pills), we encourage you not to take them for 7 days prior to test, unless prescribed by your doctor.

### **Why do I have to fast?**

Fasting ensures that your results are accurate.

### **What if I forget to fast before my screening?**

Fasting is required for all screenings. If you have forgotten to fast, you will need to reschedule to attend another screening at a later date.

### **What if I'm pregnant?**

If you are pregnant, participating in the screening will not be an accurate representation of your overall health. Many of the biometrics we measure are temporarily affected by pregnancy. These are normal and expected changes. Only your physician can truly interpret risks or benefits within the context of your pregnancy.

### **I have a question that has not been answered here. Who can I contact?**

Please contact The Solutions Group at [thesolutionsgroup@phs.org](mailto:thesolutionsgroup@phs.org), or by calling 505-923-5703. We will respond as quickly as possible.