



PREPARING FOR YOUR BIOMETRIC SCREENING

What steps should I take to prepare for my biometric screening?

To ensure the most accurate results possible, be sure to follow these guidelines when preparing for your biometric screening:

- Do not eat or drink anything but water for 8 hours before your screening*
- Drink at least two 8-oz. glasses of water the day of your screening to ensure proper hydration
- Do not exercise 12 hours in advance of your screening appointment
- If you are on medication(s), please continue to take your medication(s) as prescribed
- If you are pregnant participating in the screening will not be an accurate representation of your overall health. During the screening many of the Biometrics we measure are temporarily affected. These are normal and expected changes. Only your physician can truly interpret the risk or benefit within the context of your pregnancy.

**If you cannot fast for this length of time, a modified blood test can be performed.*

What can I expect on the day of the screening?

Our goal is to give you information about your health in an easy, convenient and private manner. Your entire screening should take approximately 15-20 minutes.

As you enter the testing area, you will be greeted by a screening technician who will sign you in and provide paperwork for you to complete and sign.

After completing your paperwork, you will visit a screening station for the following tests:

- Height/Waist/Weight Measurement/ Body Composition
- Blood Pressure
- Cholesterol and Glucose (done with a simple finger-stick)
- Results coaching provided
- Your results will be available onsite for review

Once you have completed your biometric screening, you will receive:

- A screening brochure where your results are recorded and information about the test is provided
- A satisfaction survey to provide your feedback on the event

Every effort is made to ensure your privacy during testing. While we encourage you to participate in testing, your participation in this screening is voluntary. If you have any other questions, please contact your HR representative.

GO YOUSM



Offered by: Connecticut General Life Insurance Company or Cigna Health and Life Insurance Company.

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