

Biometric Screening and RealAge Test

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 personal health and any risk you may have for certain diseases and medical conditions. Knowing your numbers – the results of the Biometric Screening - is the first step on your HealthTrip to healthy living because it helps you understand where you are on your health journey and where you can take action to improve your health if needed. The screening includes body measurements and a simple finger stick to obtain a blood sample. The following measurements are collected:

- Total cholesterol, HDL (“good” cholesterol), and total cholesterol to HDL ratio
- Glucose (blood sugar)
- Systolic and diastolic blood pressure
- Height, weight, BMI (body mass index)

These biometric measurements have been chosen because they are the leading indicators for several health challenges many people face, including diabetes, heart disease and obesity.

Why should I participate?

The County is committed to our employees and support employee fitness and wellness through HealthTrip. The biometric screening is an important step on your individual health journey. As an added incentive, it is also one of the 2 activities you must complete to receive the financial incentive of approximately \$100 in your pay.

Who is eligible to participate in a Biometric Screening and RealAge® Test?

The on-site biometric screening and on-line RealAge® Test is offered to all general government and HCPS permanent employees.

How long does a biometric health screening take at an on-site event?

A biometric screening takes approximately 15 minutes. Please remember to arrive on time.

How do I schedule a biometric screening?

For your convenience, your appointment can be scheduled online. Make your appointment by visiting the Biometric Registration website at <http://tinyurl.com/HenricoCoHealthScreenings>

What do I need to bring to my appointment?

You will need your County issued photo ID card.

Do I need to fast before the biometric screening?

No. You don't have to fast for your scheduled appointment.



How do I prepare for my appointment?

- 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
- DO wear a loose fitting shirt that allows you to roll up your sleeve for a blood pressure check.

Which measurements will be included in the biometric screening?

The screener measures your blood pressure, cholesterol and glucose, and calculates your body mass index (BMI). Each participant receives a handout with their screening results, and the screener will review the results with you. Employees are encouraged to add their results to the on-line RealAge® Test, making it a part of their Personal RealAge® Summary and Action Report to share and discuss with their doctor.

Who performs the screening? Is the person qualified?

The on-site biometric screening is administered by HCA Virginia Worksite Wellness, a vendor contracted by Henrico County to provide comprehensive health screenings for county employees. On-site screeners are all registered nurses.

Do I get my screening results the same day?

Yes, results are available at the end of the screening. The screening takes approximately 15 minutes. Each participant receives a handout with his/her results.

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 first step to qualify for the financial incentive.

Will spouses/partners have the opportunity to attend an on-site biometric screening?

No. these screenings and the incentive is only for permanent, benefit eligible employees of Schools and General Government.

If I do not have a computer and cannot access the Internet, how do I participate?

For assistance regarding the screenings, please call the Fitness & Wellness Division at (804) 501-7559 or contact the HCA Virginia Worksite Wellness Office at (804) 332-0947. All permanent, benefit eligible employees of Schools and General Government will have the opportunity to participate.

What if no appointments are available at the screening location and time I would like?

You may select another available location and time. We are offering a wide variety of times and locations.

Is the screening done on work time?

Appointments can be scheduled during work time; however, you must have prior approval from your supervisor 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 actions to improve your health if needed.

What happens to the data collected from the Biometric Screening?

All individual data collected from the Biometric Screening is confidential and will not be shared with your employer. HCA Virginia Worksite Wellness will only share aggregate results with your employer (i.e. total percent of participants with normal blood pressure) to help determine the benefits of potential wellness programming in the future.

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 Liz Stovall at sto077@henrico.us or call the Fitness & Wellness Division Office at 501-7556.

