

Biometric Screening

Frequently Asked Questions

Who will perform my Biometric Screening?

All screenings will be performed by a team of trained Medical Assistants and managed by a Medical Professional.

Who will see my private health information (PHI)?

Our screening process is 100% HIPAA compliant. At no time will your employer and/or insurance carrier see your personally identifiable health information. The only information your employer will receive is aggregate data that will be used to describe the company as a whole.

What data does a Biometric Screening evaluate?

Each Biometric Screening will determine your total cholesterol, HDL, LDL, triglycerides, fasting glucose, Body Mass Index (BMI), blood pressure as well as waist and hip measurements.

What measurements will be taken?

During your Biometric Screening your height, weight, waist, hip, blood pressure and body fat percentage will be measured.

How will my cholesterol and glucose be determined?

Each Biometric Screening includes a finger prick which requires only a few drops of bloods.

How long does each screening take?

It takes approximately 15-20 minutes to fully complete a Biometric Screening. To ensure that all participants can be accommodated efficiently, we ask that you adhere to your screening appointment and arrive promptly as scheduled.

When will I receive my results?

All results will be provided immediately following your screening in a one on one private consultation with a health educator.

What should I do prior to my Biometric Screening Appointment?

To help ensure the accuracy of your Biometric Screening results we encourage that all participants follow the pre-screening guidelines listed below.

- Fast for **12 hours** prior to your biometric screening.
- If you are pregnant or have a medical condition that requires you to eat within 12 hours of your screening time, you are welcome to eat but please notify your screening technician at the time of your appointment.
- Continue to **take all medications as prescribed**.
- Abstain from caffeine and vigorous exercise the morning of your biometric screening.
- Do not use tobacco products **within one hour** of your screening time.
- Refrain from consuming two or more alcoholic beverages within **48 hours** of your screening appointment.

**If you have additional questions about your Biometric Screening or would like more information, please contact Ultimate Health Matters.
(866)-630-6733**