

KNOW Your Numbers *It could save your life to know.*

Frequently Asked Questions

2017 Biometric (Health) Screenings

01. **What is a biometric (health) screening? Why is it important?**

The confidential biometric screening (Know Your Numbers) is a short health exam that indicates your risk for certain diseases and medical conditions. Participation in the program is important because, once you have an idea of your overall health, you can take steps to maintain or improve it.

02. **What's new this year?**

This year, participants will receive two additional test scores – LDL (bad cholesterol) and triglycerides. Fasting provides the most accurate results but is not required. If you choose to fast, do not have anything to eat or drink other than water for at least 8 hours before your scheduled appointment.

Also new is the opportunity for health coaching at the time of your screening. You will be able to meet with a qualified coach to review your individual results. If necessary, the coach will suggest recommendations to improve your health.

03. **Why is TxDOT doing this?**

The ultimate goal of implementing biometric screenings is to reduce health risks, improve health status and reduce health care costs. By offering these screenings, TxDOT can identify opportunities to focus its programs on employees' health needs.

04. **When will the 2017 biometric health screenings begin?**

Initial rollout is scheduled for February. The program will run for approximately three months. You will be notified when the program is coming to your district/division.

05. **Who will conduct the screenings?**

Onsite Health Diagnostics will conduct screenings statewide. Onsite has the experience and professionalism to conduct these screenings.

06. **When I register, can I see last year's results?**

Yes, employees who participated last year will be able to see their results.

07. **Does Onsite Health Diagnostics comply with the Health Insurance Portability and Accountability Act (HIPPA)? Are the test results confidential?**

Yes. By participating in the screening program, you acknowledge and consent to disclosure of data and outcomes of your Health Risk Assessment and test results in accordance with HIPPA requirements. Protocols are in place to maintain confidentiality of your information consistent with Onsite Health Diagnostics Notice of Privacy Practices, available online, at time of scheduling and at the screening event.

08. **How long does the screening take?**

Screenings will take 15-20 minutes from the time you enter the screening to the time you leave with your scores.

09. **How is the screening conducted and what information is being collected?**

Onsite Health Diagnostic representatives will take the following measurements: height, weight, and blood pressure. A quick and relatively painless finger stick will be used to test: glucose, cholesterol (HDL, LDL, total cholesterol) and triglycerides.

Your BMI (Body Mass Index) will be calculated from your height and weight measurement. All tests take place at one station and the health screening results will be available immediately. An Onsite representative will be available to review your results with you and provide a counseling session based on your results.

10. **How will PSA results be delivered?**

Participants who get a PSA test will receive results by mail. A mailer will be provided at registration.

11. **What happens to the data collected from the Biometric Screening?**

All data collected from your personal biometric screening is confidential and will not be shared with TxDOT. **TxDOT will receive only an aggregate data report with overall screening results** to help determine future wellness programming.

12. **What does “aggregate data” mean?**

Aggregate data means all personal identifying information has been stripped from the report. Only results are shared in a report format.

13. **Is participation mandatory? What if I choose not to participate?**

Participation is completely voluntary. The screenings are available to all employees and you are encouraged to participate so that you are informed of any health risks that may be identified.

14. **Is the screening done during work hours?**

Yes. When screening is occurring at your location, it will be scheduled during work time.

15. **Who is eligible to participate in the program?**

The program is available to all regular full-time and part-time employees.

16. **Does the screening count for the 8 hours leave for a physical?**

The program does not substitute for an annual physical.

17. **Will I have to pay for the screening? Will my results affect my health insurance rates?**

No. The screening is at no cost to you and your insurance will **not** be billed.

18. **How can I set up an appointment?**

Once the district has scheduled a screening date, you will be notified and given instructions to schedule through the Onsite Health Diagnostics portal or on a designated sign-up sheet.

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

If you don't have internet access or have technical problems with the online registration tool contact your local wellness coordinator to locate a designated sign-up sheet.

20. **What do I need to do to prepare for the tests?**

No preparation is necessary although fasting will provide more accurate results. Fasting is not required. If you choose to fast, do not have anything to eat or drink other than water for at least 8 hours before your scheduled screening appointment.

Regular medications should be taken normally as instructed by your health care provider. Please avoid alcohol consumption 48 hours prior to your screening. No vigorous exercise 12 hours prior to the screening is also recommended. Be prepared to roll up your sleeves for a blood pressure measurement and remove your shoes to measure height and weight. Onsite Health Diagnostics will remind you of the requirements when you sign up for the screening.

21. **What resources will I receive at the screening event?**

You will receive a booklet with your scores and written advice for improving each score. There will also be a certified wellness expert to review your results and make recommendations.

22. **What should I do if my numbers are high or out of the recommended range?**

These screenings are not meant to diagnose employees but to promote health awareness. If your numbers are outside of the recommended range please follow up with your doctor for a more thorough screening and a doctor recommended treatment.

Call Nurseline to discuss results and recommendations:

- United Healthcare – 866-336-9371
- Community First – 210-358-6262, option 3
- Scott and White – 877-505-7947
- KelseyCare – 713-442-0000

Free wellness coaching: Employee Assistance Program (EAP), 866-348-9368.

Please call the TxDOT Wellness staff at 512-486-5358 with any questions regarding health screenings.