

## Instructions for Scheduling a Biometric Screening at a Participating Hy-Vee Store

You can complete your biometric screening at participating Hy-Vee pharmacies. Information about completing your biometric screening at participating Hy-Vee pharmacies will be available at the DAS Healthy Opportunities (<http://employeeewellness@iowa.gov>) in July, 2015. There is no cost to you for the biometric screenings at Hy-Vee.

### Step 1

Review the list of participating stores and select the one most convenient for you on the following pages.

### Step 2

Call the store to schedule your screening. Please:

- Call between the hours of 8 a.m. – 6 p.m.
- Ask to speak to the dietitian
  - If dietitian is available, tell her you are a State of Iowa employee and would like to get a biometric screening.
  - If no dietitian available, please leave a message with your name, the number to call you at, the best time to reach you and that you are a State of Iowa employee and would like to schedule a screening.
- The screening will be scheduled within the next 48 hours, if possible. (Note: Screenings must be completed by September 5, 2015.)

### Step 3

**Attend your screening on your scheduled day and time:**

- Bring your State of Iowa badge, if you have one.
- You must fast for 9-12 hours prior to screening time. This means no food or beverages, including caffeinated beverages, other than water. If you do not fast, your test results will not be accurate.
- Drink plenty of water.
- Continue to take any medications prescribed by your physician the day of the screening. If food is required with the medication, choose a healthy lower-sodium, lower-fat and lower-sugar snack.
- If you are diabetic, pregnant or have a medical issue, check with your physician before fasting.
- Avoid smoking and bathing for 30 minutes prior to testing.
- Wear loose-fitting sleeves or be prepared to remove clothing with bulky sleeves.
- Please do not use any lotions on your hands or glycerin soaps.

FAQ's

#### **What is a biometric screening?**

A biometric screening is a combination of measurements and readings about certain health factors that may be helpful in identifying potential risk factors for chronic diseases or conditions, like heart disease, hypertension or diabetes.

**What can I expect during my biometric screening appointment?**

The clinicians will collect several body measurements. They will collect a blood sample from a finger prick that will be used to determine your cholesterol levels, triglycerides and glucose levels. They will also take resting blood pressure; measurements of height, weight and waist; and body mass index. All information is kept confidential and complies with the requirements of HIPAA. The entire screening process typically lasts 15 to 20 minutes and you will receive all your results during this appointment. The clinician will review the results of your screening during your appointment.

*The purpose of the results review is not to provide a diagnosis or specific medical advice. Please consult a medical professional for individual advice.*

