Biometric Screening Frequently Asked Questions

What is a biometric screening?
A biometric health screening is a short, confidential health examination that indicates your risk for certain diseases and medical conditions. It is intended to be a screening event (not a diagnostic event) meant to provide information on current and potential medical issues that you can share with your primary care physician (PCP). If your biometric screening results are outside of normal ranges, you can then work with your PCP on diagnosis and treatment of issues that may have been identified through the screening.

How is the screening conducted and what information will be collected?
Ignitehealth will conduct the screening at your worksite. The screening includes body measurements and a finger stick that draws a small blood sample. The following information will be collected:

- Total cholesterol, triglycerides, HDL, LDL & a total cholesterol to HDL ratio
- Fasting glucose (blood sugar)
- Blood pressure
- Height, weight and waist circumference
- Body Mass Index (BMI) calculation

Results are immediately available and a short counseling session to review your personal results will be provided by your screening technician. You will also receive an informational brochure to help you to better understand these results.

Why should I participate?
Ignitehealth and your employer want you to have the information you need to get and stay healthy, and “knowing your numbers” is a great first step. Being familiar with these important health measures and what they mean can help you to focus on taking action to improve your health. Additionally, some employers include biometric screening as part of an employee wellness and/or health benefit program.

How do I best prepare for my screening?
- Fasting for eight hours is strongly recommended for the most accurate results. Fasting is defined as no food or other caloric intake, so drink only water in the 8 hours prior to your screening. Also, avoid chewing gum or mints (even if sugarless).
- If you have a chronic illness, such as diabetes, or operate heavy machinery, please consult your physician prior to fasting for the screening. You can also try to schedule your appointment as early as possible.
- Drink plenty of water prior to the screening as this will allow for an easier blood draw and keep you hydrated.
- Take all prescription medications as you normally would, with water.
- Wearing light, non-bulky clothing will assist with more accurate readings of body measurements.
- Arrive five minutes prior to your screening time as relaxing a few minutes prior to your screening will help to assure that your blood pressure is at a resting level.
How is my privacy and personal health information protected?
Ignitehealth takes the privacy of your health information very seriously and we are devoted to keeping your results confidential.

- Privacy screens and noise reduction machines are utilized by screening staff and all results are provided in a quiet and confidential manner.
- Any Personal Health Information (PHI) gathered during the screening is protected by state and federal privacy laws including the Health Insurance Portability and Accountability Act (HIPAA).
- Ignitehealth privacy practices are posted at all screening events and a written copy of our Privacy Statement is available upon request. The privacy notice describes how medical information about you may be used and disclosed and how you can get access to this information.

Who will see my results?
At the conclusion of the screening, your screening technician will discuss your results with you. Your employer may receive a completely anonymous, aggregate report that summarizes total average numbers to assist in planning employee wellness programs. Also, your results are NOT sent to your personal physician's office, but we encourage you to bring your report to your next doctor's visit or send the office a copy for your medical record.

Will completing the biometric screening cause an increase or cancellation of my health insurance?
No. Completing the biometric screening will not affect your eligibility for health insurance, or your health insurance premium.

Should I participate in biometric screening if I’m pregnant?
Ignitehealth recommends that pregnant women NOT undergo worksite biometric screening. While it is certainly safe for pregnant women to undergo, the biometric data obtained during pregnancy is considered by medical experts to be inaccurate. Besides changes that occur in body weight (including BMI and waist circumference), pregnancy may raise cholesterol and triglyceride levels. If your company program or benefit enrollment process requires biometric screening, contact your Human Resources department to discuss a pregnancy exemption.

Instead of participating in the onsite screening, can I utilize biometric screening ordered by my personal physician?
You may submit screening results collected by your health care provider directly to Ignitehealth Wellness Management Services if you work at a location that did not have a biometric screening event, you were unable to attend an onsite biometric screening event, or prefer to have the results documented by your personal provider. Please contact your Human Resources department to receive a packet of information on how to submit biometric results from your primary care physician.

Are these results as accurate as going to my doctor’s office or getting venous blood drawn and run by an independent lab?
With today's advanced technology, all of the basic blood testing options are available through either a finger-stick or a venous blood sample.

- Finger-stick blood glucose measurements have been an accepted standard of medical care for many years. There is also a large body of literature indicating that finger-stick screening is as accurate as venous sampling when appropriate quality control processes are in place.
- Ignitehealth uses FDA-approved fingerstick blood collection analyzers that have been demonstrated to provide consistent and accurate results.
- Quality assurance testing is used at every biometric screening event to ensure accurate and reliable results.
- We strongly believe that the immediate availability of results and real time exit counseling available only with finger stick blood testing makes this the best approach for worksite based screening.