Preparation for Your Biometric Screening

What do I need to do to get ready for my biometric screening?
- This is a fasting test! To ensure the most favorable results, please have no caloric intake for at least 8 hours before your screening.
- Stay hydrated the morning of your screening.
- Refrain from exercise, caffeine, and alcoholic beverages for 12 hours prior to screening.
- Avoid smoking for at least 30 minutes prior to screening.
- If you are on any medication, continue taking as prescribed. If you are a diabetic or are unsure you can fast, please check with your Doctor. A screening can be completed if you are not fasting, although this is not ideal.
- Sign up for your appointment using the customized online scheduler link.

What should I expect on the day of the screening?
- You will be greeted by an Ignitehealth Onsite Coordinator and asked to sign a consent form and acknowledgement of our privacy notice.
- You will be introduced to your Screening Technician who will conduct all tests within 10-20 minutes.

Tests Included in the screening:
- A simple finger prick will measure Glucose, Total Cholesterol, Triglycerides, HDL and LDL cholesterol and a Total Cholesterol/HDL Ratio
- Your height, weight, waist circumference, body mass index (BMI), and blood pressure will be measured
- Your results will be available immediately. The Screening Technician or an Exit Counselor/Coach will discuss them with you and any recommendations for follow-up with your Primary Care Provider.

What happens with my results?
- You will receive a copy of your results for your records. These should be shared with your Primary Care Provider.
- All results are reviewed by Ignitehealth’s Medical Director and an aggregate (summary) report will be prepared to show the overall view of your company’s health.

Why should I attend the screening?
- Your employer wants to make everyone at your organization healthy and happy. By providing you with the opportunity to know and understand your “numbers”, they are investing in your health.
- It’s a quick, simple and seamless process that may save you a trip to the doctor or identify areas that may require follow-up that you were unaware of.
- Take a few minutes out of your busy day to think about yourself and put your health first!

Although you are encouraged to participate in the biometric screening, your participation is entirely voluntary. If this is a requirement for benefit level, a reasonable alternative standard may be available. Please contact your human resources department for more information.

If you have any questions, don’t hesitate to contact Ignitehealth at 855-206-4690.