



Elbit Systems of America

## BIOMETRIC SCREENING Frequently Asked Questions

### What is a Biometric Screening and why is it important?

The Biometric Screening is a short health exam that provides information about your risk for certain diseases and medical conditions. Knowing your numbers- the results of your Biometric Screening- is the final step to healthy living because it helps you understand where you can take action to improve your health.

#### The following will be assessed at the Biometric Screening appointment:

- Health Screening Questionnaire
- Total Cholesterol, HDL, LDL, and Total Cholesterol to HDL ratio
- Fasting Glucose, Triglycerides
- Systolic and Diastolic Blood Pressure
- Height, Weight, BMI (*body mass index*), Blood Pressure
- Waist Size/Circumference (*because abdominal fat is a predictor of/or risk for obesity-related diseases*)

These biometric measurements have been chosen because they are the leading indicators for diabetes, heart disease, and obesity.

### How long does the screening take?

The screening should take 15 minutes and please remember to arrive. If you need to reschedule please do so on the Biometric Appointment Scheduler and/or call the Livingwell Health Solutions Clinic at 817-234-6973.

### What do I need to bring to my appointment?

Please bring your Photo ID, and print/sign the Consent & HIPPA forms linked to the Biometric Appointment Scheduler.

### How do I prepare for my Biometric Screening?

**Before your screening appointment, you are required to fast for 9-12 hours.**

**DO NOT** eat or drink anything except water. Black coffee and tea are also fine; however, do not use cream or sugar.

**DO** take all medications as directed by your physician(s) as you normally would.

**DO** drink plenty of water before your screening to stay hydrated.

**DO** wear a loose fitting shirt that allows you to roll up your sleeve for a blood pressure check and lab draw.

**If you have a medical condition that does not allow you to fast for 9-12 hours, please follow your healthcare provider's instructions and notify clinician at the arrival of your appointment.**

### Are the test results confidential?

All Biometric Screening information is personal and confidential, as protected by federal law. Your employer will not have access to individual screening results. This information is to help you understand your health so you can take appropriate action to improve your health.

### Can I return to work afterward?

Yes. It is safe to return to work after your screening.

### When will I get my results?

The screening includes body measurements and providing a blood sample for Cholesterol and Glucose Lab Test. The lab test will be sent out to LabCorp for processing and results will be ready within 5-7 days. A follow up appointment for a one-on-one results consultation will be available with Ashley Trabon, PA at Livingwell Health Solutions Clinic; or you may retrieve your results through a secure and confidential online link from Elbit's Wellness Program.

**What if I have questions about the Biometric Screening event?** Please contact the Livingwell Clinic - Ashley Trabon @ 817- 234-6973.