

Health Screening frequently asked questions (FAQs)

Below are frequently asked questions about health screenings.

Q. What are health screenings?

A. A health screening measures important numbers that help you understand your risk for diabetes and heart disease. During your screening, health professionals will measure your blood glucose, blood pressure, Body Mass Index (BMI) and cholesterol.

Q. Why is my employer asking me to complete a health screening?

A. Your employer would like you to take charge of your health and to promote a healthy culture – at work and at home. The first step toward better health is knowing your current health numbers.

Q. Will the screenings be done by fingerstick?

A. Yes, they will be done by fingerstick.

Q. What if I can't make it to an on-site screening?

A. Your doctor may do the screenings for you, but they'll need to measure all the health screening values indicated on the Health Screening Fax Form. Instructions for submitting the form are included on the form itself. Download your health screening fax form from the health screening scheduler.

Q. What will happen during my on-site screening?

A. At the time of your screening appointment, go to the designated screening room. Below is an outline of the process:

- 1) You arrive at the registration table and are greeted by a receptionist
- 2) Sign your consent form and follow instructions from the receptionist
- 5) The fingerstick test will be performed first since results take 7-8 minutes to process
- 6) While waiting for the results, the screener will perform the additional screenings to include: height, weight, waist circumference, BMI and blood pressure.
- 7) The screener will record your results and review them with you.
- 8) You will receive a copy of your results.
- 10) You can return to work



Q. Who will see my screenings results?

- A.** As with all health data, the screening results are kept strictly confidential. The third party vendor will see your results in order to provide you information the day of the screenings. HealthPartners will receive the screening information from the vendor in order to validate your screening within the system. Your employer will never see individual screening data for any reason.

Q. What happens after I get my screening results?

- A.** The screener will provide you a copy of your results and review them with you. Following the screening event, you will also be able to see your results in the Health Screening section on healthpartners.com/wellbeing. Any additional questions about results should be directed to your doctor.