SAN BERNARDINO COUNTY

My Health Matters!

Onsite Biometric Screening
Frequently Asked Questions

Q. Will the test cost anything?

A. No, this is FREE to eligible participants. The health screenings being offered usually retails for $195.

Q. Why should I participate in this screening?

A: There are many good reasons to participate in this program. You will be able to:

- Find out what your 'health indicators' are for the tests that are being completed.
- Identify potential health risks
- Receive an informational brochure with your personal results
- Speak with an onsite counselor about your results

Q. Is fasting required?

A. Yes, fasting is recommended for nine hours prior to the screening. The testing will include Total Cholesterol, HDL, TC / HDL Ratio, Triglycerides, LDL and Glucose. **Drinking plenty of water is recommended.** Please make sure you take all your medications as prescribed by your doctor

* FASTING includes everything except for black coffee and water.

***For employees who were unable to fast, we will also be offering the non-fasting tests.

Q. What type of equipment is used for the screenings?

A. The Cholestech LDX machine will be used, and the test is performed with a small finger stick. This machine is Cholesterol Reference Method Laboratory Network (CRMLN) certified, which validates that the system meets the gold standard for accuracy and reproducibility that was developed by the Centers for Disease Control and with the National Cholesterol Education Program (NCEP) analytical goals. Processing time is approximately 7 minutes.

Q. Who actually performs the screening and how are they credentialed?

A. The onsite screening is being done by Summit Health, provider of comprehensive wellness, health screening and immunization programs. Summit Health staff includes nurses, phlebotomists, medical technicians, physicians, health educators, nutritionists, and are assigned based on the screenings to be completed. Summit Health only staffs our health screenings with properly credentialed and qualified staff.

Q. Do I get my results the same day?

A: Yes, results will be available at the end of the screening. The screening takes a total of approximately 10 – 15 minutes, dependent on the tests to be completed. Each participant will receive a brochure with their biometric screening results as well as 2-3 minutes of counseling about the results.

Q. Will there be a wait time for the screening?

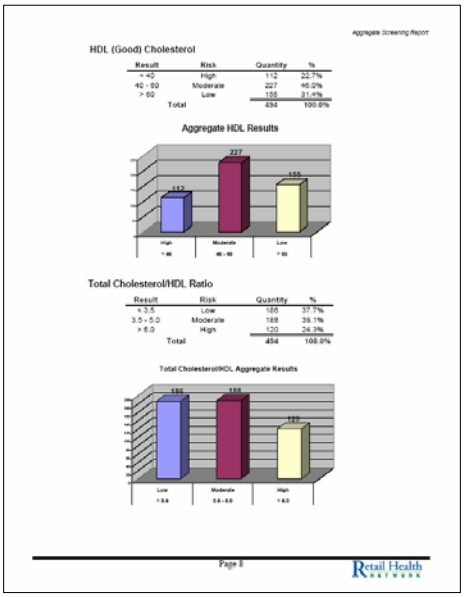
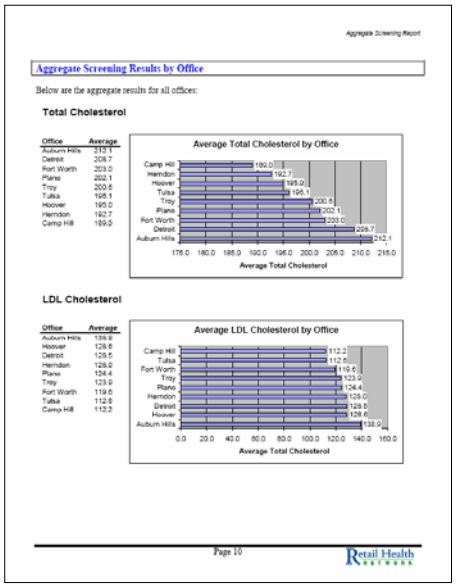
A: Wait times are minimized when participants schedule their appointment prior to the event using the online appointment system. The online appointment system automatically generates an appointment confirmation email and a reminder email just prior to the event.

Q. What about privacy and protecting participants' personal health information?

A. The health screening layout is designed for efficient flow and privacy, from the registration table to the screening stations and counseling areas. Any Personal Health Information (PHI) gathered during the screening is protected by federal and state privacy laws including the Health Insurance Portability and Accountability Act (HIPAA).

Q. Will this screening impact my premiums?

A. No. An individual's screening information is protected is protected by federal and state privacy laws including the Health Insurance Portability and Accountability Act (HIPAA) and will not be used for determining premiums. Only aggregated data is shared with your company's wellness program.

Q. What is the "aggregated data / report" mean?

A. All personal identifying information (name, address, ID or Insurance information) is stripped out of the data. Only the test results are shared in a data / report format. As an example, it may show that out of 50 employees tested, 17 had Total Cholesterol numbers higher than 260. Please note a sample of an aggregate report.