

COMPLETE YOUR HEALTH RISK ASSESSMENT & BIOMETRIC SCREENING on _____ at _____ a.m. Your screening will be done at the City of Bryan/BISD Employee Health Center located at 2308 E. Villa Maria, Suite 100 in Bryan.



Health Risk Assessment and Biometric Screening
(2 step process)

New Hire **FAQS**

Who is eligible to participate in the health assessment and biometric screening program?

All City of Bryan employees enrolled in the City of Bryan’s health plan.

What is a Health Risk Assessment?

A health risk assessment is a questionnaire used to provide individuals with an evaluation of their health risks and quality of life.

What is a biometric Screening?

A biometric screening is a quick and easy check-up with a certified medical professional that helps evaluate your health and pinpoint issues before they become detrimental. The screening takes just a few minutes and includes height, weight, blood pressure, total cholesterol, LDL, HDL, triglycerides, and glucose levels.

How do I participate in the program?

At the time of hire, you will be eligible to complete a health assessment and biometric screening (Step 1 & 2). Each year just prior to the City’s Open Enrollment period, the program will be offered to you. If you would like to receive the “Healthy Lifestyle” health insurance premium, you must complete the screening each year. In order to receive the lower premium rate, you will be required to follow-up with a medical provider if one or more of your values returns abnormal. Follow-up is required if your:

- Total cholesterol is 200mg/dL or higher
- Fasting blood glucose level is 110mg/dL or higher
- Triglyceride level is 150mg/dL or higher
- Blood pressure is greater than or equal to 140mmHg and/or greater than or equal to 90mmHg

Is my wellness screening information confidential?

Absolutely! You will have access to your personalized wellness report while Risk Management Staff only receives aggregate data along with a Pass/Fail status on each participant.

How do I prepare for the screening portion?

You must fast for approx. 12 hours (no food or drink, except water) prior to your blood draw. You are encouraged to drink plenty of water to prevent dehydration. If you take medications, please take them with water. Also, make sure you have answered the health risk assessment questionnaire and have completed both the Authorization & Consent Forms. You will also need to self-address the large envelope you received.

Be sure you make your supervisor aware of your screening appointment at the Employee Health Center. If for some reason your assigned time/date does not work with your schedule, please let Risk Management know and we will do our best to reschedule your appointment.

See reverse side for step-by-step instructions on how to participate!



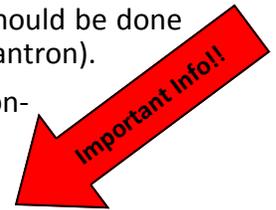
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How do I complete the Health Risk Assessment portion? (Step 1)

There are two options for completing the questionnaire portion. The questionnaire should be done prior to your biometric screening (step 2). Please choose only one option (Online or Scantron).

Option 1: Online Portal The easiest and most convenient way to answer the questionnaire. Follow these steps.

- Log on to <http://wellness.bryantx.gov/>.
- Click on the "Healthy Lifestyles" tab at the top of the page.
- Click "Take my assessment online."
- Click on "I don't have an account: Sign Up."
- **Use your City email address as the Username and select a unique Password.***
- Proceed with the questionnaire.



***If you do not know your City email address, please check with your Supervisor or contact IT at 209-5488.**

Option 2: Scantron Form Complete the questionnaire via scantron form using a No. 2 pencil. Your City email address must be listed in the top left hand box on the scantron form. Leave the height, weight and blood pressure portion blank. These values will be taken during your biometric screening. The "Personal ID" is your Social Security Number (no dashes) and the "Group ID" section can be left blank. The questionnaire should be done prior to your biometric screening.

How do I complete the Biometric Screening portion? (Step 2)

All new hires must have their initial biometric screening completed at the City of Bryan Employee Health Center. You have been assigned a time to have this completed; however, if you are unable to attend the scheduled appointment, it is your responsibility to notify Risk Management to reschedule. If you complete the initial biometric screening and your values do not meet the program criteria, you will 30 days from the effective date of your health insurance to complete the required follow-up appointment. If you do not complete the initial screening or any necessary follow-up within the 30 day period, you will begin paying the standard premium rate. See enclosed form-Healthy Lifestyles Participation Election.

Please make sure you have signed both the Authorization & Consent Forms.

For any questions regarding the health assessment and biometric screening process, please contact Risk Management at 209-5050 or email lward@bryantx.gov.

The City of Bryan/BISD Employee Health Center is located at:

2308 E. Villa Maria Road, Suite 100

Bryan, Texas 77802

979-821-7690