

Biometric FAQ's

- **PLEASE PRINT, COMPLETE, AND BRING THE HRA FORMS WITH YOU TO YOUR APPOINTMENT.** I am attaching a version you can fill out electronically and then print and bring with you. The form will be given to your screener who will go over it with you and ensure it is complete. Pages 3 and 4 are what you will need to bring with you. (Page 3 is the HRA with the top completed by you and the bottom section the provider will complete)
- If you are not on the wellness plan of the medical insurance, this is not a requirement and you do not have to sign up. However, if you have signed up for the wellness plan (medical insurance) and you do not complete both the HRA and biometric screening you will lose the discount to your medical premium (\$12.50 per pay) in January 2024.
- Please ensure you have fasted for 8 hours prior to your appointment. Water and black only coffee is okay if needed or if you take medications.
- Please ensure you sign up for an appointment as we cannot ensure proper staffing if you do not sign up.
- If you are new to the County and have not established a baseline, this will be your baseline year and you will not qualify for the incentive unless you meet the waist circumference guideline. However, you will still want to establish a baseline for the potential to meet the 5% decrease next year. This is the same practice that was in place up until Covid stopped the biometric screenings.
- Just as in years past, you can utilize your own physician or the onsite nurse practitioner to complete the Biometric Screening. Instructions for submitting these forms and what tests must be completed are on the bottom of page 2 of the Communication Packet (see attached). **PLEASE DO NOT SEND ANY PERSONAL MEDICAL FORMS OR INFORMATION TO ME OR ANYONE IN HR.**
- Locations: see page 1 of the communications packet right above the link for registering for your time. (September 18/19 at Co-Op Extension; 20/21 at DSS; 22 Library Main Branch – addresses on Communication Packet)
- If you are currently pregnant or recently gave birth – congratulations! Pregnancy is addressed on the HRA form and Synergy has established practices in place for these situations.
- Yes, there will be a blood draw again. In research, a blood draw provides more accurate results for the providers than a finger stick. There is also a shortage on the supplies for finger sticks and most providers are no longer providing this option.
- There is **NO CHARGE** to you for the biometric screening completed by Synergy during our 7-day event. There is also no charge to complete with our onsite Nurse Practitioner, however an appointment is needed as well. If you choose to see your own physician, you are responsible for any medical copays or deductibles that may be incurred.