



Health Screening Frequently Asked Questions

What is a health screening?

The health screening is a short health exam that provides information about your risk for certain diseases and medical conditions. It is not a diagnostic test, but establishes a good baseline knowledge of your health. The screening includes body measurements and a simple finger stick to obtain a blood sample. The following measurements are collected and have been chosen because they are the leading indicators for chronic conditions such as diabetes and heart disease:

- Total cholesterol
- HDL
- Total Cholesterol to HDL Ratio
- Glucose
- Height, Weight, Body Mass Index (BMI)
- Waist Circumference
- A1C - * *Only Employees who show an elevated risk for diabetes based on the questionnaire from the American Diabetes Association during registration will be eligible for an A1C test.*

Click each link to learn more about [cholesterol](#), [blood pressure](#), [BMI & waist circumference](#), and [glucose & A1C](#).

Why is a health screening important?

Knowing your health screening numbers is the first step to healthy living. Your numbers help you understand potential health risks, allowing you to create a plan to take action and improve your health.

Our greatest asset is YOU! Your health matters and we want to help you achieve your personal wellness goals. We are providing these screenings to help you better understand and manage your health.

Will my screenings be private?

Yes, screenings will be conducted in a private area with an Alyfe Wellbeing Strategies' team member. Our goal is to give you information about your health in an easy, convenient, and private manner.



Who is eligible to participate in the screening?

All benefits eligible employees and spouses or domestic partners can participate in the program. You (and your spouse/partner) must be enrolled in the County Cooperative Health Benefits Program to receive the incentive. Both you and your spouse or domestic partner are eligible to participate and earn an incentive. If you are not enrolled in the health insurance plan, you are still encouraged to complete the Hello Happy program taking steps to improve your health, although you will not be eligible for the incentive.

How long will the health screening take?

The health screening will take approximately 15-20 minutes.

What can I expect on the day of the screening?

As you enter the testing area, you will be greeted by a staff member who will sign you in and provide paperwork for you to complete and sign. The Alyfe Wellbeing Strategies' screening staff will guide you through each station, and you will finish up by reviewing your results with an Alyfe Wellbeing Strategies health coach. Each participant will receive a brochure with their health screening results to take home.

How do I register for the health screening?

To register for the health screening, go to bit.ly/fc-screening. Although walk-ins will be accepted, scheduled appointments will take priority.

Why should I schedule my appointment in advance?

Scheduling your appointment in advance guarantees you will be screened the day of your event. If you do not schedule an appointment we are unable to guarantee you will be screened that day. Walk-ins are welcome, however all employees with appointments take priority.

How do I prepare for my non-fasting screening?

- This is a non-fasting test, so you may eat and drink prior to your screening appointment.
- Drink at least two 8-oz glasses of water 1-2 hours prior to your screening appointment to ensure proper hydration. Being properly hydrated is essential for a positive health screening experience.
- Avoid tobacco at least one hour prior to your screening.
- Do not exercise 12 hours in advance of your screening appointment.
- If you are on medication(s), please continue to take your medication(s) as prescribed.
- Wear a loose fitting shirt that allows you to roll up your sleeve for a blood pressure check.



What if my test values come back high and out of range?

If your test results are borderline or high, the staff at the screening will encourage you to follow up with your physician.

Do I have to complete all of the measurements/tests in the health screening?

Yes. In order to get a clear picture of your health, you are encouraged to complete all screening measurements.

What if I can't attend a health screening?

- Visit <http://bewell.franklincountyohio.gov>
- Download the *Physician's Health Screening Form*.
- Bring the *Physician's Health Screening Form* to your annual physical to complete.
- Forms must be postmarked or faxed by **09/01/2016**.
- Please refer to the form for detailed instructions on how to complete and submit.

Will my screening results be kept confidential?

Yes, all information is treated as confidential medical information. You allow Alyfe Wellbeing, a third party, to handle this information by signing the Screening Consent Form. Your personal results will not be shared with your employer. Only aggregated data is shared with your company's wellness program administrators. Alyfe Wellbeing administers the screenings to ensure confidentiality and is held to strict privacy and security laws.

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).

What does "aggregated data" mean?

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.

How accurate is the equipment used during the health screening?

The results received during an onsite screening are comparable to a blood draw performed by your doctor. The machines used by Alyfe Wellbeing Strategies are calibrated and have quality control checks to ensure accuracy. Please keep in mind that a health screening is used as a tool for awareness for your health risks and not a diagnostic tool.



What if I don't agree with the Screening Consent Form?

You will need to sign a Screening Consent Form to participate in the screening. If you do not consent, you will not be allowed to participate. Alyfe Wellbeing is required by law to receive employee consent prior to obtaining confidential medical information.

What if I have questions about the screening event?

For assistance, please contact ThriveOn@franklincountyohio.gov or call [614.525.3948](tel:614.525.3948)

Who is Alyfe Wellbeing Strategies?

Alyfe Wellbeing Strategies is a leading provider of comprehensive wellness, health screening, and immunization programs. Alyfe Wellbeing Strategies' staff includes nurses, phlebotomists, medical technicians, physicians, health educators, nutritionists, and other healthcare professionals. Alyfe Wellbeing Strategies only staffs our health screenings with properly credentialed and qualified staff.