

Nurse's Notes

from your UnitedHealthcare Health Engagement Nurse

Biometric Screening – A Snapshot of Your Health

May 2022

A biometric screening is a preventive health assessment that can provide valuable insight on current and potential medical issues and your risk for chronic preventable diseases such as diabetes, heart disease and hypertension. If left untreated, these conditions can lead to larger health problems. Preventive health screenings help detect illness and health issues early on, giving more opportunity for successful treatment. Many chronic diseases can be prevented or modified by identifying risk factors, setting health goals and adopting lifestyle changes.

A biometric screening tests multiple health factors that may include height, weight, blood pressure, total cholesterol, HDL, LDL, triglycerides, blood glucose, hemoglobin A1C, BMI and waist circumference. The results of this screening can guide your own health decisions and give your doctor important information on which to base treatment plans.

The ThriveOn Wellness program offered by Franklin County Cooperative give you several options for getting an annual Biometric Screening:

- An onsite event at your work location – visit fccThriveOn.com to make an appointment.
- At your physician's office – visit fccThriveOn.com to download the necessary forms.
- At an OhioHealth WorkHealth location – [click here](#) to find a location near you.

As an added bonus you can earn \$200 for completing a biometric screening this year! Please login to your ThriveOn account at fccThriveOn.com for more information.

So don't wait! Health and wellness screenings are vital for maintaining good health. And a biometric screening is a great place to start!

Your UnitedHealthcare Health Engagement Nurse is available to help you and your family with many healthcare situations such as finding a primary care physician, support and education for disease prevention and management, and helping you achieve your personal health goals. See below for more information about Nurse Therese and how you can contact her!

Nurse Therese

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