

On-Site Biometric Screening with Viverae!

Prepare for your Screening to receive the most accurate results:

- No smoking for at least 1 hour
- No eating or drinking except water for at least 9 hours (unless you are insulin dependent, have diabetes, or have been diagnosed with hypoglycemia)
- No vigorous exercise or alcohol for at least 24 hours
 - Take all prescribed medication as you usually would
 - Maintain adequate hydration prior to the screening (try to consume at least 64 ounces of water within 24 hours of screening)
 - Be prepared to roll up your sleeves for the blood pressure test and remove your shoes for the height and weight measurements

Here is what you will accomplish at your screening event:

Once you have registered and completed your consent form, you will be directed to a 3 part station and meet with a Viverae trained examiner.

What my Biometric Screening will include:

1. Body Composition: measures height, weight, waist circumference, and BMI
2. Blood Pressure: measures systolic and diastolic blood pressure numbers
3. Finger Stick: a blood sample from your finger tip will be taken to measure glucose, cholesterol, and triglycerides

Once your screening is complete, take your paperwork back to the Viverae registration desk to submit your results and receive a copy.

Lastly: A representative from SCHOOLCARE will be waiting to check in with you.

This is a great opportunity to:

- Share feedback about the program
- Ask questions about the **Good For You!** wellness program
- Find out what new challenges are coming soon

When do I receive my biometric results?

I completed my on-site screening – WHAT IS NEXT?

Once you have completed your on-site screening event:

- You will receive a copy of your body composition numbers, blood pressure, glucose and cholesterol numbers.
- Viverae will enter your results onto your **Good For You!** account within 24-48 hours of the screening. Once completed, you will receive an email notification and see your points have been awarded for obtaining your biometrics.
- Contact your Primary Care Physician should you have any questions or concerns based on the biometric results provided.

That was an easy way to earn some money!

Be sure to take advantage of all the other program activities available to you.

- Take the Member Health Assessment (MHA) online questionnaire
 - Once you complete the MHA and your biometrics are entered into the system you will receive a Health Score and Health Age along with some great incentives!
Health Score: Indicates your current health status and can help to indicate potential health risks
Health Age: Lets you visualize your health status as an age that reflects your screening results and self-reported data
- Contact your Health Coach (888-833-5829)
- Complete your Preventive Care Compliance
- Complete your Quarterly Program Activities

Have questions about the program?

Call 888-833-5829 to speak to a Viverae Health Professional or go to www.schoolcare.org for more information. Get involved today!