

# Wellness Screening Frequently Asked Questions

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## **Why should I participate in a wellness screening?**

The information you gain from routine wellness screenings can improve your health. “Knowing your numbers” enables you to be proactive in addressing any health issues so you can stay healthy and live better. You will learn more about your general health and any possible health risks. During the screening, you also will have an opportunity to find out about the health services available to you.

All City of Carmel full-time employees may participate in the screening event.



## **Are the results of my wellness screening confidential?**

Indiana University Health is a HIPAA-compliant organization and takes confidentiality very seriously. At no time will your individual wellness screening results be provided to your employer.

## **When and where will the wellness screenings take place?**

Wellness screenings for City of Carmel full-time employees (only) will take place at three locations (City Hall, Water Distribution and Water Plant 1) on select dates from March 1 - 16.

## **What does the wellness screening include?**

The screening includes a fasting finger stick. You will learn important details about your:

- Blood pressure
- Height and weight
- Body mass index (BMI)
- Waist circumference
- Cholesterol (total, HDL, LDL and triglycerides)
- Fasting blood glucose
- Hemoglobin A1C

## **Can I just make my wellness screening appointment using the Primary Plus online scheduling tool?**

No, this wellness screening is completely separate from any appointment you make through Primary Plus scheduling.

## **How long will the wellness screening take?**

Please allow 30 minutes to complete the screening.

*(please see back side for more information)*



Indiana University Health

**How do I prepare for the wellness screening?**

It's important that you fast for 12 hours prior to your appointment. Do take any prescribed medications as usual, however. You may also drink water. In addition, please bring a photo ID to your appointment.

**Can I return to work after the screening?**

Yes, it is safe to return to work after your wellness screening.

**When will I get my results and what happens next?**

After your screening, you'll be able to schedule a one-on-one session with the health coach to discuss your results, set health goals and develop a plan for improving your numbers.

**What if I'm unable to attend any of the scheduled on-site screenings?**

If you are unable to attend the scheduled screenings, contact Sue Wolfgang in Human Resources. Her email address is [swolfgang@carmel.in.gov](mailto:swolfgang@carmel.in.gov).

**Are there any incentives for participating in the wellness screening?**

Review incentive information at [virginpulse.com](http://virginpulse.com).

