



Your Guide to Hosting A Successful Biometric Screening Event



Risk Mitigation

Implementing a wellness program for your organization is a financial investment and it is important you get return on that investment (ROI). However, it is imperative organizations pay close attention to the value on investment (VOI), too.

There is considerable value to a healthier workforce that extends beyond lower medical costs and claims. VOI measures the effect that a wellness program has on employees through increased productivity, lower absenteeism, higher morale and job satisfaction.

Understanding the health of your employees and engaging them in their own wellbeing is the goal of any wellness program. That's why biometric screenings are imperative to any personalized wellness strategy. Baseline health metrics give the participants the foundation from which to establish, and measure, their individual goals.

What are Biometric Screenings?

The Centers for Disease Control and Prevention (CDC) define biometric screenings as:

The measurement of physical characteristics such as height, weight, body mass index, blood pressure, blood cholesterol, blood glucose, and aerobic fitness tests that can be taken at the worksite and used as part of a workplace health assessment to benchmark and evaluate changes in employee health status over time.

Understanding the meaning behind biometric screening data can educate a person about the present state of their own body so they can have a productive discussion with their primary care providers about any changes needed in lifestyle, medication, or diet.



At Ramp Health, our **biometric screening services** provide the foundation your organization needs to get started:

Blood Pressure

Body Mass Index (BMI)
and Body Fat Percentage

Lipids (Cholesterol, LDL,
Triglycerides, HDL)

Glucose (Blood Sugar) Levels

Physician Submission Services

Lab Voucher Programs

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Why Health Screenings Matter

As health care costs continue to skyrocket, organizations are looking for ways to keep their people happier and healthier. Onsite employee biometric screenings can support that effort. They offer a convenient, clinical evaluation of a person's important health scores. Biometric screenings establish a health baseline to help people evaluate their risk for various health issues. Many of these issues could prove life-threatening. Early detection and lifestyle changes can help prevent them.

Preventing chronic conditions start with understanding health risk. A screening can help uncover potential for developing the most prevalent and costliest conditions in the US:

Cardiovascular disease, also known as Heart Disease, is the leading cause of death in the US, costing more than any other health condition at \$229 billion each year! Biometric screenings can detect many early signs and help inform someone of their current risks so they can take measures to address them.

Hypertension, or High Blood Pressure, is an easily determined indicator of overall heart health. High blood pressure can also lead to kidney disease and be a cause of stroke.

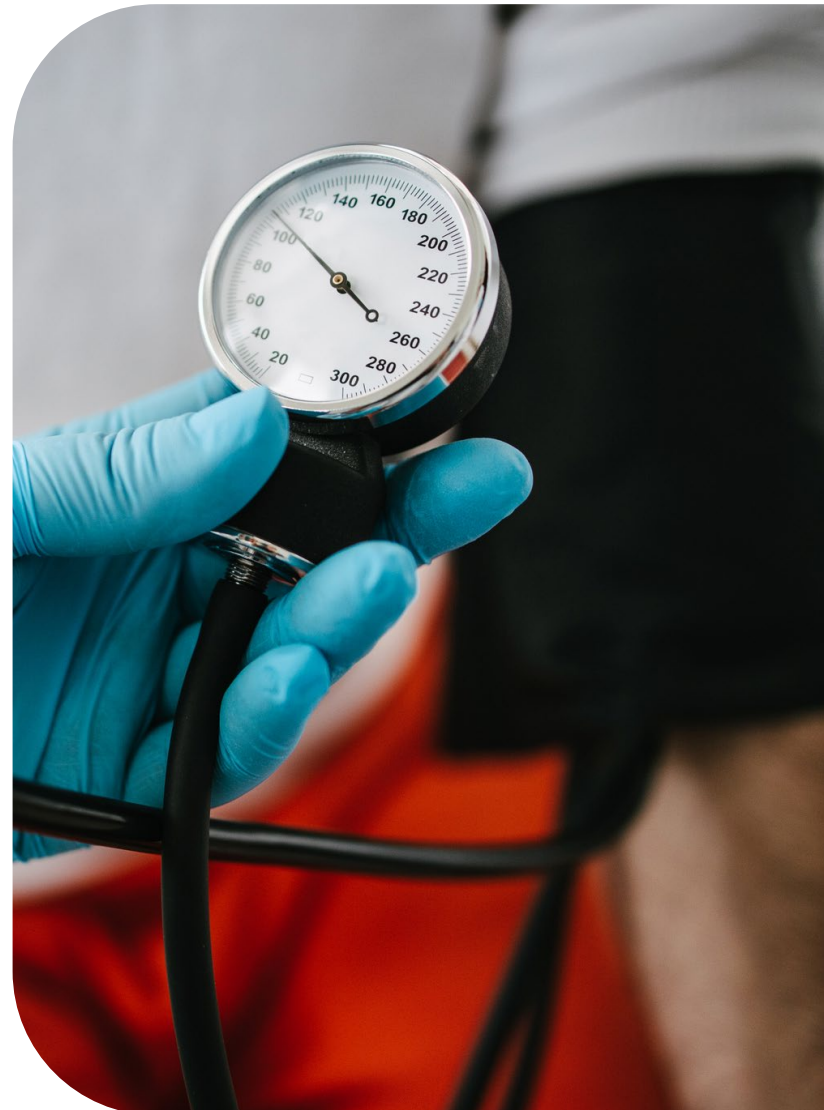
Cholesterol and lipid levels are a good reflection of a body's arterial health. Screening can detect problems, and subsequent education about adopting a low-fat diet can help individuals reduce this major contributor to heart disease.

Unhealthy Weight costs the US healthcare system nearly \$173 billion annually. A biometric screening will bring to light any issues with weight. Organizations offering **nutrition programs** can then provide individuals resources for reaching their ideal weight.

Body Mass Index (BMI) takes just a moment to measure, but that measurement can make someone aware of how their diet is impacting their health. It can also indicate risk of heart disease.

Smoking and vaping remains a major health concern for organizations, not only causing heart and lung disease for smokers but contributing to allergies and pulmonary irritation in non-smokers, too.

Diabetes has become an epidemic in the US, and it's a major concern for businesses. We perform blood glucose as well as HbA1c testing to detect diabetes and monitor how well it is being managed.



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Value of Biometric Screenings

Organizations with health and wellbeing programs already in place should ensure that biometric screenings are not seen as just a one time event, but as a key, foundational component of the entire program.

Organizations can use data provided by biometric screenings to get a baseline for their population's health. While individual results remain confidential under HIPAA, screening results can be viewed in aggregate. Monitoring and analyzing trends in aggregate will provide key information when making wellness programming decisions throughout the entire year.

The role of Biometric Screenings in any wellness strategy should be to:

- Provide data for decision-making on wellness benefits and incentive programs
- Provide key focus areas in the organization's health population
- Create a better culture with participation in organization-wide wellbeing challenges
- Identify the need for health coaching or condition management
- Educate and guide participants in making better choices for their health and wellbeing
- Measure program outcomes over time

For organizations in industries requiring physical labor, biometric screenings can also help improve **safety and injury prevention** by detecting the warning signs of chronic conditions infamous for contributing to workplace injuries and accidents.



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Why Host a Biometric Screening Event

Increase Engagement

Hosting a biometric screening event offers an opportunity for your organization to engage participants in preventive health and close major health gaps within your population.

Encourage a Culture of Health

Having biometric screening data at their fingertips enables participants to better build and maintain healthy habits, and schedule regular annual visits with their primary care providers.

Feedback for Wellness Benefits

After hosting a biometric screening event, you'll have data to assist in crafting your organization's ideal wellness strategy.

Convenient for Participants

Our pre-registration process mitigates workday distractions. While participants are encouraged to pre-register, walk-ups are also welcome!

Scheduling and Notifications

Participants can easily schedule their appointments and get notifications and reminders seamlessly.

Effective Onsite Deployment

Registration, testing, and data input can all be delivered under a single roof. This turnkey solution includes all logistical and HIPAA requirements. It's good for you and even better for your employees.

Onsite Clinical Resources

Services are delivered through healthcare professionals who are trained to follow rigorous standards and protocols.



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Tips for Being a Health Baseline Hero



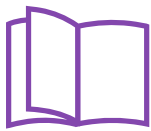
Pre-Crastinate

Planning early makes everyone's job easier! You'll meet demand and mitigate disruptions in scheduling and it helps us with execution. Win-win!



Spread the News

Spread the word! Remind your organization early and often about the event, especially for those with chronic conditions or special medical needs. We can help by providing you with communication materials. Senior management can also serve as advocates to spread the word on the importance of screenings.



Educate

Take the time to educate your organization on the importance of biometric screenings. The goal of administering screenings is to educate, reduce health risks, improve overall health, reduce healthcare costs, and improve workforce productivity. Promote the event with benefits and facts, not opinions and fear. Help individuals find the resources needed to make an informed decision.



Identify Influencers

Are there internal wellness advocates who know your organization's culture? Encourage them to become your influencers to help bring other employees along! They'll also make great resources for the logistics of your screening event.



Promote Convenience

Provide options regarding when and where to get a biometric screening. Choose onsite event times conveniently based on participant schedules, and make sure they know just how easy it is to get their professional, private, HIPAA compliant screening.



Take Note

How will your team be able to report whether the screening event was a huge success? Take notes! Observe the use of any sick days, the incidence of any illnesses, physician visits, and more. Compiling data to illustrate how well the event worked will be key to getting the green light to host it annually for many years to come.

Screening Event Checklist

One of the best reasons for partnering with Ramp Health for biometric screening events is that we provide you with a skilled healthcare team. From program onboarding and preparatory calls to logistics, staffing, and data, our team will take care of most of the planning, execution and follow-up work, so your checklist for success requires minimal effort!

Before Event Day

- Identify and reserve a convenient, easily accessible, unoccupied area for your onsite screening event.
- Confirm the number of participants, event date, time, and place. Remember to share special instructions with your Ramp Health team so your designated healthcare professionals are aware of any custom needs.
- Arrange a registration system for scheduling screening event participation that fits your organization's needs. Ramp Health provides an online registration tool for all our clients – ask us for details!
- Promote your screening event early and often. Send participants reminders, and don't forget to mention suitable clothing (i.e. short sleeves or sleeves that are easy to roll up).

During Event Day

- Meet our friendly healthcare professionals at your event location and assist in setting up your screening area.
- Prepare each station by setting up one table, one trash can, several pens, and two chairs.
- Immediately after testing, each participant will be given information about their results. We will go over their numbers and help and educate them on healthy habits that can be maintained long-term.

After Event Day

- Receive the aggregate results of your screening event so that you can evaluate the overall health of your organization.
- Plan and implement wellness activities based on trends and patterns identified through the aggregate results. Don't know where to start? Ramp Health can help with customized wellbeing challenges for your team!

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Treat Your Organization **Well**

You want a successful biometric screening event for your organization, and we want you to be successful in hosting your event!

Let us help you show your organization the importance of biometric screenings and prove that by delivering a positive screening event experience, members of your organization will be more engaged and will get more out of your wellness program.

If you're still a bit uncertain about scheduling a biometric screening event, visit [our website](#) for more information or simply contact us. We'll be glad to help!

Take this information back to your wellness team and call us with any questions.

Your partner in health,



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