



Information Regarding Your Biometric Screening

What is a biometric screening?

A biometric screening is a combination of measurements and readings about certain health factors that may be helpful in identifying potential risk factors for chronic diseases or conditions, like heart disease, hypertension or diabetes.

What can I expect during my biometric screening appointment?

Katie Squires, the Dietitian, will collect several body measurements. She will collect a blood sample from a finger prick that will be used to determine your cholesterol levels, triglycerides and glucose levels. She will also take resting blood pressure, measurements of height, weight and waist, and body mass index. All information is kept confidential and complies with the requirements of HIPAA. The entire screening process typically lasts 15 to 20 minutes and you will receive all your results during this appointment. The clinician will review the results of your screening during your appointment.

*The purpose of the results review is **not** to provide a diagnosis or specific medical advice. Please consult a medical professional for individual advice.*

Preparation for your screening

- You must fast for 8-12 hours prior to screening time. This means no food or beverages other than water. If you do not fast, your test results will not be accurate.
- Drink plenty of water.
- Continue to take any medications prescribed by your physician the day of the screening. If food is required with the medication, choose a healthy lower-sodium, lower-fat and lower-sugar snack.
- If you are diabetic, pregnant or have a medical issue, check with your physician before fasting.
- Avoid smoking, exercising and bathing for 30 minutes prior to testing.
- Wear loose-fitting sleeves or be prepared to remove clothing with bulky sleeves.

Contact Katie in person or at ksquires@hy-vee.com to set up an appointment.