

FREE BIOMETRIC SCREENINGS OFFERED

Wichita State University – Ahlberg Hall, Rm 302

Friday, June 21

What is a Biometric Screening?

HealthQuest sponsors free biometric screenings at worksites statewide. Testing is conducted in 30 minutes or less using a simple finger stick. Results you will receive include:

- Total cholesterol, HDL, LDL and total cholesterol to HDL ratio
- Triglycerides and glucose
- Systolic and diastolic blood pressure
- Height, weight and body mass index (BMI)
- Waist circumference

Remember to **fast for a minimum of nine hours** prior to your appointment. Please drink water to stay hydrated; black coffee and tea are also okay (no cream or sugar). Take medications as usual.

Who is Eligible to Participate?

- Benefits eligible State and Non State employees who are enrolled in the state employee health plan or who have waived coverage in the plan
- Retirees, spouses and dependents 18 years or older who are enrolled in the state employee health plan

How Do I Sign Up?

- Log in to your account on the wellness portal at www.KansasHealthQuest.com and click on **“Biometric Screenings”** from the left menu and then select **“Onsite Screenings”**
- If you do not have internet access or have trouble with the online site, call toll-free **1-888-275-1205** and select **option 5** for assistance making an appointment
- The early slots fill up quickly so make your appointment as soon as possible
- The appointment system closes two full business days in advance of an event
- Employees/health plan members can participate in one event between August 2012 and July 2013

How Do I Earn the 2014 Premium Discount?

1. Obtain your biometric numbers from one of three ways: 1) by attending an onsite screening event, 2) by scheduling a preventive screening visit with your physician, or 3) by ordering an at-home screening kit offered by HealthQuest. More info at <http://www.kdheks.gov/hcf/healthquest/screening.html>
2. Complete the required online health assessment questionnaire using your biometric numbers by July 31, 2013. More info at <http://www.kdheks.gov/hcf/healthquest/assessment.html>
3. Earn 20 additional credits by July 31, 2013. For full details on the HealthQuest Rewards Program, please visit <http://www.kdheks.gov/hcf/healthquest/rewards.html>