



# BIOMETRIC SCREENINGS

Know your numbers. Extend your life.



**Be Well SHBP**

**BeWellSHBP.com**

**888-616-6411**

With the right information, you can be better prepared to address any health risks that could possibly affect the quality of your life. Because some risk factors may have no symptoms, you could be at risk without knowing it. The *Be Well SHBP* biometric screening will help you to understand how these risk factors can impact your health so that you can take the necessary steps to improve it. During the screening, a medical professional will collect several measurements — such as height and weight — and also take a sample of your blood that will be used to determine your cholesterol and glucose levels, triglycerides and other factors that can lead to lifestyle-related health complications.

## There Are Two Ways To Participate In A Screening

### AT AN SHBP-SPONSORED SCREENING EVENT.

Screening will be conducted conveniently and privately at authorized worksite locations throughout the state from February 2018 through September 2018. To locate an SHBP-sponsored screening event near you, or to schedule an appointment, please visit [BeWellSHBP.com](http://BeWellSHBP.com).

### WORK WITH YOUR PERSONAL PHYSICIAN.

If you prefer, you may also work directly with your Physician. Visit [BeWellSHBP.com](http://BeWellSHBP.com) to download the 2018 Physician Screening Form and follow the instructions.

## Prepare For Your Screening

- Although not required, we recommend fasting for at least nine (9) hours; this includes all food and drinks except for water. Failure to properly fast may result in inaccurate blood test results. (If you have a health condition, such as diabetes or pregnancy, or any other medical concerns, consult a doctor before fasting)
- Drink plenty of water to make it easier to give a sample of your blood
- Continue taking medications as prescribed the day of the screening\*
- Arrive 5 minutes before your scheduled time
- Allow about 15 minutes for your screening

\*Follow your doctor's instructions for taking your medications, including taking them with food if necessary.

The 2017 incentives do not apply to Kaiser Permanente or the Medicare Advantage Options.

This information is intended to provide a general overview of some important benefit information. While every effort has been made to make the information here as complete and accurate as possible, SHBP's benefit plans are fully detailed in separate legal documents and are governed by certain Georgia laws, regulations of the Department of Community Health, and resolutions of the Board of Community Health. In the event of any inconsistencies between these materials and the plan documents, laws, regulations, or resolutions, the terms of the plan documents and the governing laws, regulations, and resolutions will control as applicable. The Department of Community Health reserves the right to amend, modify or terminate its benefit plans or services at any time in its discretion.

Sharecare administers the *Be Well SHBP* well-being program for the State Health Benefit Plan. Copyright © 2017 Sharecare.