

BIOMETRIC SCREENING EXPERIENCE

How to Prepare for Your Screening



What is a Biometric Screening?

Biometric screenings combine simple blood work, blood pressure, and height and weight measurements to provide you with valuable insights into your current health.

What Can I Expect at My Screening?

The biometric screening experience is a way to empower yourself to take better control of your health. You will receive supportive guidance from your screening event team, made up of trained healthcare professionals experienced in delivering the highest quality experience from start to finish.

Get Screened: A trained healthcare professional will collect your biometric measurements and review any results that are immediately available with you.

Access Personalized Resources: View your results and personalized insights at portal.healthways.com or in the Ramp Health app. Your health risk profile will help you understand your results, risk level for various chronic conditions, and access personalized content to help you address your needs and interests.

Action: Connect with a fresh perspective of identified strengths, strategize around obstacles, and set next steps to continue progressing no matter what stage of your well-being journey.

Who can see my results? Your results are 100% confidential. Your employer will not have access to individual screening results.

Is this experience a replacement for an annual physical? No. Treat this event as an opportunity for early detection as part of your well-being journey. Following up with your personal provider and having your annual preventive exam is the best method. This screening is not a replacement.

How long does my screening experience last? Your screening appointment is approximately 15 minutes. Your continued access to your results and personalized support occurs through your Healthy Ways platform experience in the Ramp Health app.

How do I prepare for my experience?

For a smooth experience and accurate results:



Drink plenty of water. It's recommended not to have anything other than water or black coffee 8-10 hours before your appointment time.



Dress comfortably, wear short sleeves or a shirt that allows you to roll your sleeve up to your shoulder.



Take all medications as prescribed normally.