

What to expect at a

Biometric Health Screening



VITAL SIGNS

An examiner will record your temperature, blood pressure, heart & breathing rates.



WEIGHT

An examiner will measure your weight using a calibrated scale.



MEASUREMENTS

An examiner will measure your waist and hips in order to gather your waist-to-hips ratio.



BLOOD DRAW

An examiner will perform a quick venipuncture blood draw to collect samples that will be sent for testing.



RECOVERY

You may feel tired or hungry after your screening, so be sure to eat a nutritious snack or meal and take some rest afterwards.