Biometric Screenings & Online Health Assessment Initiative
A few words from Wright Caughman, MD

http://www.hr.emory.edu/eu/screenings/caughman-FINAL.mp3
Remember…

Biometric screenings are not diagnostic.

To determine if a measurement is a health risk, a healthcare provider will need to perform further assessments.
How well do you know the numbers?

• What is considered a desirable blood pressure reading?

< 120 mgHg / <80 mgHg (and)
How well do you know the numbers?

- **Why is knowing your blood pressure important?**

  High blood pressure increases your chance for heart disease, kidney disease, and stroke. It is especially dangerous because it often has no warning signs or symptoms.

  You can prevent and control high blood pressure by taking action.
How well do you know the numbers?

• **What is the desirable level for total cholesterol?**
  Below 200 mg/dL

• **What is the desirable level for HDL cholesterol?**
  Above 40 mg/dL (men)
  Above 50 mg/dL (women)
How well do you know the numbers?

- Why is knowing your cholesterol important?

If a person has high cholesterol, fatty deposits may develop in your blood vessels. Eventually, these deposits make it difficult for enough blood to flow through your arteries. Your heart may not get as much oxygen-rich blood as it needs, which increases the risk of a heart attack. Decreased blood flow to your brain can cause a stroke.

A healthy diet, regular exercise and sometimes medication can go a long way toward reducing high cholesterol.
How well do you know the numbers?

• What is the desirable level for glucose?

If you had a non-fasting blood glucose test, normal results depend on when you last ate. Most of the time, blood glucose levels will be below 140 mg/dL for a non-fasting test.
How well do you know the numbers?

• Why is knowing your glucose important?

Higher-than-normal blood glucose levels may be a sign of diabetes.
How well do you know the numbers?

- **What is the desirable range for Body Mass Index (BMI)?**
  18.5 – 24.9

- **What is BMI?**
  Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI is a fairly reliable indicator of body fatness for most people.

- **How is BMI calculated?**
  Weight (kg) / [height (m)]²
How well do you know the numbers?

• Why is knowing your BMI important?

BMI is used as a screening tool to identify possible weight problems for adults.

• Heart disease
• Diabetes
• Cancers (endometrial, breast, and colon)
• High blood pressure
• High total cholesterol
• Stroke
• Liver and Gallbladder disease
• Sleep apnea and respiratory problems
• Osteoarthritis
Overview

• Campus-wide initiative
• Collect biometric values
• Brief coaching regarding results
• Encouragement to act on results
• Promotion of online health assessment
• Provide incentive for participation
• 50+ locations across university & health care system
• Mid-January through end of February
Participant Experience

• Online & telephone appointment system.
• Convenient times and locations on site.
• One-on-one screening.
• Employees receive brief coaching.
• Employee completes online health assessment on Aetna Navigator site.
Project Goals

• Emphasize with faculty and staff the importance of “knowing your numbers.”

• Provide information and resources about healthy living.

• Provide incentives to encourage employees to become engaged in health-related services and programs.
Project Objectives

• Provide a high level of service to our employees.

• Provide high screening participant satisfaction.

• Fifty percent participation goal.😊
Communications

KEY MESSAGES: MANAGEMENT & KEY STAKEHOLDERS

• Importance of actively supporting & encouraging employees to participate
• Support employees to improve their personal health
• Support time away from work to attend screening

KEY MESSAGES: FACULTY & STAFF

• Appreciate the importance of knowing your numbers
• Understand what a biometric screening is
• Know how to schedule an appointment
• Understand how to complete the online health assessment
• Know how to act on results of screening & online health assessment

KEY DATES

• Early December: Employee communications initiated
• Early January: Online health assessment available
• Mid-January through end of February: Onsite biometric screenings available
Privacy & Confidentiality

Summit Health will transmit biometric screening data to Aetna to allow Aetna to administer incentives.

Emory will not have access to individual-level data. Emory will use the aggregate data to understand the overall health trends of our employees.

Summit Health protects all screening data through secure processes, procedures and protocols to ensure confidentiality.
Questions?