

**(Initial Communication for Health Risk Assessment and Biometric Screening)**

## **Sign Up for Your Biometric Screening**

The on-site biometric screenings will be held on the following dates:

- 
- 

To participate, follow these steps:

**1. Sign up for Quartz MyChart if you are a Quartz member and do not already have an account.**

To sign up, go to QuartzMyChart.com and complete the online form (Instant Activation). You will need a Quartz MyChart account to complete your online health questionnaire.

Members unable to complete the "Instant Activation" process can contact a Quartz Wellness Representative for a MyChart activation code by calling (800) 362-3310.

**2. Schedule your biometric screening appointment by going to**

For instructions on how to schedule, see:

**3. Complete your online health questionnaire.**

Review the *Instructions for Completing Your Online Health Risk Assessment* to help you access and complete the questionnaire. You need to complete the questionnaire at least 24 hours before your on-site screening.

**\*\*IMPORTANT:** if you are a participant who falls under one of the following categories:

- ***Non-Quartz member***
- ***Quartz member through a different employer***
- ***Quartz member through the State of Wisconsin***

You will require the following Company Code:

#### **4. Prepare for your biometric screening.**

- Do not eat or drink anything, except for water, 10 hours before your appointment
- Drink water and be well hydrated during the 10-hour fast
- Take all your medications as directed, except for medications taken with food. Bring medications that you take with food to your appointment
- Wear clothing that will allow for blood pressure measurement above the elbow without binding
- Wear a face mask during your appointment
- Be on time so all who have signed up can be served at the time requested
- Avoid vigorous exercise or nicotine four hours before your appointment
- Avoid applying hand lotion the morning of your health screening as it may interfere with the blood analysis of the finger stick

#### **5. Attend your on-site biometric screening and receive the following measurements:**

- Blood pressure
- Body Mass Index (BMI)
- Full lipid panel (total cholesterol, HDL and LDL cholesterols, triglycerides, and glucose) obtained through a finger stick

If you have any questions, send us a message through Quartz MyChart at [QuartzMyChart.com](https://www.QuartzMyChart.com) or call (800) 362-3310.