

(Reminder Communication for Health Risk Assessment and Biometric Screening)

Don't Forget to Sign Up for Your Biometric Screening

When are the biometric screenings being held?

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

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How can I participate?

Just follow these steps:

1. Sign up for QuartzMyChart if you are a Quartz member.

To sign up, go to QuartzMyChart.com and complete the online form (Instant Activation). You will need a QuartzMyChart 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 will 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 medicines as directed, except for medicines taken with food
- Bring medicines 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 cholesterol, triglycerides, and glucose) obtained through a finger stick

If you have any questions, contact Quartz's Wellness Representatives through *Ask a Question* within QuartzMyChart at QuartzMyChart.com or call (800) 362-3310.