



What is a biometric screening?



A biometric screening provides a picture of your overall health through a blood test and body measurements.

What you will learn in your biometric screening:

- How much fat (or cholesterol) is in your blood
- How much sugar (or glucose, or Hgb A1C) is in your blood
- Your height and weight and a calculation of Body Mass Index (BMI)
- Your blood pressure

Eligibility

Employees, spouses, and dependents ages 2 and older who are on the medical plan are eligible to use the virtual and in-person services provided at any of the CEBT Health & Wellness Centers. Services include primary and preventive care such as annual physicals, school and sports physicals, wellness visits, chronic condition coaching, and health coaching. There is no cost to patients for services delivered at the health centers (non-preventative, in-person visits are \$45 for members on the HDHP only).

How to prepare

Generally, fasting is no longer required before your screening. However, be sure to check the details in your wellness incentive program (if applicable), as fasting 9 hours prior might be required for blood glucose determination.

What's next

When your results are ready, you can schedule a Comprehensive Health Review (CHR) or annual physical to review your numbers with your provider. During the follow-up visit, we'll review your health goals you want to achieve and develop a personalized health and wellness plan custom to you.



CEBT Health & Wellness Centers
To view locations or schedule an appointment, visit:
my.marathon.health

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