



# Bringing wellness to Forsyth County Government

## ***HRA and biometric screening instructions***

Novant Health Corporate Health and Forsyth County Government are excited about being your partner in better health. Please follow the instructions below to prepare for your upcoming screenings in April.

### **STEP 1:**

**Complete your health risk assessment (HRA)**

The Health Risk Assessment is an online, comprehensive tool through which you answer questions and provide information regarding your health & wellness behaviors. It can be found online at:

<https://www.knowyournumber.com/saas/kyn/ForsythCountyGovernment>

#### **First Time User:**

- Open the Biosignia link provided
- Create a username and password to log on
- Complete **all** questions by clicking the appropriate response.

#### **Existing/Returning User:**

- Open the Biosignia link provided.
- If you remember your username and password, log in and begin a new assessment, completing **all** questions by clicking the appropriate response.
- If you do not remember your username and/or password, **DO NOT** create a new account. Please email [NHCH@novanthealth.org](mailto:NHCH@novanthealth.org) for your username and/or password reset. Once you receive your username and/or password, login, begin new assessment, completing **all** questions by clicking the appropriate response.

The HRA should take about 15 minutes to complete but can be done in sections. **Please complete your HRA by April 12<sup>th</sup>.**

Schedule your biometric screening appointment by clicking the following link:

<https://www.flashappointments.com/client/ign/launch.cfm?busId=8350>

### **STEP 2:**

**Schedule a biometric screening**

Appointments are scheduled every 15 minutes. If you have questions or difficulties in scheduling your appointment, please email Novant Health Corporate Health at [NHCH@novanthealth.org](mailto:NHCH@novanthealth.org). **Please schedule your biometric screening by April 12<sup>th</sup>.**

### **STEP 3:**

**Participate in the biometric screening experience at your scheduled appointment time**

During your biometric screening, a finger stick will be obtained for your lipid (cholesterol) profile, glucose & A1C. We will obtain blood pressure, weight, height, calculate your BMI and perform a waist measurement. You should allow 25 to 30 minutes for the entire screening process.

Fasting prior to your screening is suggested. Fasting is defined as having nothing to eat or drink 6-8 hours prior to your blood work. Exceptions to this include: water, black coffee (no cream, no sugar, no artificial sweeteners).

Please take all medication as prescribed by your healthcare provider. If you have any questions regarding whether or not to take your medications prior to your screening, please contact your healthcare provider.

**Screenings will be held: April 17-21 – 8:30a-1:30p – Government Center, 4<sup>th</sup> floor Multipurpose Room**

**April 24-25 – 2p-7p & April 26-28 – 7a-12p - Public Health Building (MR 2)**

**\*\*Forsyth County Government has no part in the online HRA process and will not receive any of your personal information from the biometric screenings or HRA. If you have any questions or problems accessing Novant Health's website or completing the online HRA, email Novant Health Corporate Health at [NHCH@novanthealth.org](mailto:NHCH@novanthealth.org) or call 336-277-1612.**

