



Worksite Wellness Screenings

Employee Health Services (EHS) provides FREE voluntary worksite wellness screenings for Benefited Employees and Retirees at City worksite locations as part of our pilot Employee Wellness initiative. This screening opportunity provides participants with the following physical measurements: Height, Weight, Hip and Waist. Additional calculations or tests performed include: Body Mass Index (BMI), Waist to Hip Ratio (WHR), Blood Pressure (BP), Total Cholesterol, HDL (the good cholesterol), LDL (the bad cholesterol), Triglycerides & Blood Sugar.*

Objectives of the Wellness Screenings:

- ✦ **Worksite Wellness Screenings are a convenient and cost-effective way for employers to help employees monitor their current health status and offer support and encouragement for individuals to stay healthy or get healthy.**
- ✦ **Research shows that individuals who routinely monitor these wellness indicators generally seek treatment sooner to improve their long-term health, and this often leads to lower health care costs.**

Wellness Screening FAQs:

What is my role in the wellness screening process?

- Schedule your wellness screening appointment using the on-line registration system.**
- If you are enrolled in a City of San José sponsored medical plan; take your medical plan's on-line health assessment and enter your screening results. Upon completion, collect cash rewards from Kaiser or Blue Shield, plus learn some great tips to help you stay healthy!

How is the screening accomplished?

- Physical measurements are taken with clothing on and shoes off (socks remain on).
- BMI and WHR are mathematical calculations based on physical measurements.
- BP can be taken over thin clothing, but preferably should be taken directly on a bare arm.
- Blood-droplet tests are used to measure the cholesterol levels, triglycerides and blood sugar.

How long will the screening process take?

- Check-in, measurements, screening tests, receipt of results and follow-up consultation will take approximately 20 –30 minutes.

What should I wear on the day of the screening?

- Wear easily removed outer clothing and preferably a short sleeved shirt for blood pressure reading.

Will any part of the screening be painful?

- The finger-stick blood draws may cause momentary discomfort.

What are the credentials of the staff at the screening events?

- Nurse Practitioners and Medical Assistants who are supervised by a Medical Doctor.

Who is responsible for maintaining the confidentiality of my information?

- Individually identifiable health information will *not* be shared or released.
- EHS will retain your information in a HIPAA compliant medical file.

*Benefited Employees and Retirees are those individuals eligible for medical plans sponsored by the City, whether or not currently enrolled into such a plan.

For more info visit: www.sanjoseca.gov/wellness

**The on-line registration system will notify an employee's supervisor for their approval.

