

BE READY FOR YOUR BIOMETRIC SCREENING



Follow these easy steps to ensure you get the most accurate results possible.

What steps should I take before my biometric screening?

To get the most accurate results possible, be sure to follow these guidelines when going for your biometric screening:

- › Don't eat or drink anything but water for 9-12 hours before your screening.*
- › Drink at least two 8 oz. glasses of water the day of your screening. This will make sure you are hydrated.
- › Don't exercise 12 hours before your appointment
- › If you're on medication(s), be sure to continue to take them as prescribed
- › Be sure to bring your Cigna ID card so you can finish the required paperwork.
- › Are you pregnant? Getting screened will not be an accurate picture of your overall health. During the screening many of the biometrics we measure are temporarily affected. These are normal and expected changes. Only your doctor can truly interpret the risk or benefit within the context of your pregnancy

*If you cannot fast for this length of time, a modified blood test can be performed.

What can I expect on the day of the screening?

We want to give you information about your health in an easy, convenient and private way. Your entire screening should take about 15-20 minutes. As you enter the testing area, you will be greeted by a screening professional. You'll sign in and then complete and sign some paperwork.

After completing your paperwork, you'll visit a screening station(s) for these tests:

- › Height/waist/weight measurement/body composition
- › Blood pressure
- › Cholesterol and glucose (done with a simple finger-stick)
- › Results coaching provided
- › Your results will be available onsite for review.

Once you have finished the screening, you will receive:

- › Paperwork with your results and test information
- › A satisfaction survey so you can give us your feedback on the event

We make every effort to ensure privacy during testing. We encourage you to participate in testing, but being screened is voluntary. If you have any other questions, please contact your HR representative.

Together, all the way.SM



Biometric screenings are independently administered by a third party biometric screening service provider and not by Cigna; reporting provided by Cigna.

"Cigna" and the "Tree of Life" logo are registered service marks, and "Together, all the way." is a service mark, of Cigna Intellectual Property, Inc., licensed for use by Cigna Corporation and its operating subsidiaries. All products and services are provided by or through such operating subsidiaries, and not by Cigna Corporation. Such operating subsidiaries include Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Onsite Health, LLC, Cigna Health Management, Inc., Cigna Behavioral Health, Inc., vielife Limited, and HMO or service company subsidiaries of Cigna Health Corporation. All models are used for illustrative purposes only.