

HRA and Biometric Screening Instructions

Wake Forest Baptist Health and Forsyth County Government are excited about being your partner in better health. The first step toward participation in the Forsyth County Government Wellness Program is completion of a comprehensive online Health Risk Assessment (HRA) in which you answer questions and provide information regarding your health & wellness behaviors. Completing the HRA will result in the compilation of a comprehensive wellness tool that will ultimately include your HRA information and the information we obtain from your future biometric screening. **Please take the HRA survey by July 15, 2020 to qualify for the premium discount.**

STEP 1: Log onto FCGWellness.com

Go to the Wellness Website at FCGwellness.com. If you have not already, please scroll to the bottom of the login page and click on **"Get Started!"** to create an account. The following fields are required and must match the information on file with Forsyth County:

- First Name
- Last Name
- E-mail Address (not required but highly recommended to receive notifications; can use personal email if preferred)
- Date of Birth
- Zip Code
- Employee ID (Your Employee ID number is printed on your employee badge. If you do not have an employee badge, you may contact Human Resources by emailing hr@forsyth.cc or calling 336-703-2400)

Once you click **"Verify,"** you will be able to create a username and password. If the website will not verify your information, please call Applied Health Analytics at (855) 581- 9910. You will use the same username and password each time you visit the Wellness Website going forward. When you next login, please be sure to drag the slider bar at the bottom of the page to unlock before clicking "Log In."

STEP 2: Complete the HRA

Once logged into the Wellness Website, click on the word **"Screening"** in the menu on the left side of the screen. On the Screening page, scroll down until you see the "Survey Status" box and click on the blue button that says **"Take Survey."** This will open a new window where you should read through the information and then click **"I Accept"** to begin your HRA. Please allow 15 minutes to complete your HRA (answers cannot be saved and returned to later). Failure to complete your HRA will result in loss of the incentive. **Please complete your HRA by July 15th.**

STEP 3: Schedule your health coaching appointment

You will receive a letter in the mail no later than July 20, 2020 with your preliminary coaching requirements enclosed. In this letter you will also receive information about the coaching quarters that each assigned coaching session needs to be completed in, as well as how to schedule a health coaching appointment.

STEP 4: Schedule your individual biometric screening appointment

WFBH will be onsite starting in August - October 2, 2020 offering individual biometric screening appointments at Government Building, Public Health, and DSS in the coaching offices. If you have had your lab work done within the past 6 months and would like to use your lab results from your physician's office please use the attached Alternate Biometric form to do so by October 2, 2020. Your health coach can help assist you in scheduling a biometric screening appointment or you may schedule by visiting FCGWellness.com.

During your biometric screening, a finger stick sample will be obtained for your lipid (cholesterol) profile, glucose & A1C. In addition, your height, weight, blood pressure and waist measurements will be obtained and your BMI will be calculated. You should allow 25 to 30 minutes for the entire screening process.

We recommend that you fast for 8 hours but a minimum of 6 hours is required to ensure an accurate score and risk stratification analysis. During fasting, you are allowed to drink water and black coffee only. Black coffee is defined as no cream, no sugar, and no artificial sweeteners. If you are not required to eat with or after taking your medications, you can take them with water at your usual times prior to your blood work.