



## Regional Biometric Health Screening

HealthTrust will host a Regional Biometric Health Screening on **January 9<sup>th</sup> 2020** at the **ConVal High School located on 184 Hancock Road Peterborough NH** from **2:30PM-6:00PM**. After the screening, your information will be sent securely from Maxim Health Solutions to Onlife Health to be loaded into your 2020 Health Assessment (HA). Once your information is processed, (please allow 4-6 weeks) you will receive your **\$75** wellness incentive reward.

If you choose to attend the screening, a medical professional will administer your screening. You will have a blood test first (a finger stick – **no fasting required**) to measure your levels of blood sugar (glucose), triglycerides, total cholesterol, LDL, HDL and ratio. While your blood is being analyzed, the same medical professional will take your blood pressure, calculate your body mass index (BMI) using a formula that incorporates your height and weight, and slip a tape measure around your waist to note your waist circumference. You will then review your screening results together.

To register for a screening, log in to your secure account at [www.healthtrustnh.org](http://www.healthtrustnh.org), click on the Biometric Health Screening button, and click “Accept and Continue” at the bottom of the *Notice Regarding HealthTrust’s Wellness Program*.

### Steps to Use the New healthAlign Scheduler

The first time you visit the healthAlign schedule page you will need to agree to the Maxim Healthcare Services *Terms and Conditions*.

Next, confirm your account information and click “Save Changes,” then click “Home” in the upper left corner. Click “Biometric Screening,” then “On-Site Event” and “Schedule,” and follow the prompts to select your location and appointment time.

Click “I Agree” on both the *Protections from Disclosure of Health Information*” notice and the *Screening Consent Agreement*.

Click “Schedule.” You will receive an email, confirming your appointment.

If at any time, you need to change or cancel your appointment, simply log back into your secure HealthTrust account and select a new location or appointment time. Registration will close 24 hours prior to the event.

**Questions? Call HealthTrust at 800.527.5001.**