

Increase Your Employees' Risk Awareness

Health Manager and Biometric Screenings



What is a biometric screening?

A biometric screening is a general health check that can identify particular health risks. A basic screening might include measuring cholesterol levels, blood pressure level, height, and weight.

Why is a biometric screening important?

Results of a biometric screening can be used to assess a person's risk for various health issues, such as heart disease, diabetes, and other diseases.

How can our employees easily track their biometrics?

PacificSource members can track their biometrics through Health Manager, which is available through InTouch for Members. The biometric measures that can be tracked in Health Manager include blood pressure, cholesterol, and blood sugar levels (see illustration). Once these measures are entered in Health Manager, the member will be asked to complete a personal health assessment. The assessment will determine the member's health risk areas and help identify things they can do to lower their risk in these areas.

How can I encourage our employees to update their biometric measures?

Make it easy for your employees to update their measures by scheduling biometric screenings for them, through an independent vendor. When you schedule a biometrics screening for your employees, the vendor can load the results into each employees' personal health assessment and Personal Health Record in Health Manager.

How do I get started?

Contact us today at wellness@pacificsource.com or (541) 225-2811 to learn more. We will work with you to get quotes from local biometric vendors who are qualified to report information in a format that is compatible with Health Manager. Once a vendor is chosen, we'll work with you and your vendor to help guide you through the process.

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Employee Biometrics

	I don't know	Test result	Test date		
Systolic blood pressure (upper number)	<input type="checkbox"/>	120	September	21	2009
Diastolic blood pressure (lower number)	<input type="checkbox"/>	82	September	21	2009
Normal resting pulse rate	<input type="checkbox"/>	66	January	29	2008
% body fat	<input type="checkbox"/>	45.3	January	18	2008
Total cholesterol (mg/dl)	<input type="checkbox"/>	161	September	21	2009
LDL (bad) cholesterol (mg/dl)	<input type="checkbox"/>	85	September	21	2009
HDL (good) cholesterol (mg/dl)	<input type="checkbox"/>	62	September	21	2009
Triglyceride level (mg/dl)	<input type="checkbox"/>	72	September	21	2009
Blood sugar (glucose) level (mg/dl)	<input type="checkbox"/>	76	September	21	2009

Questions? Contact us at wellness@pacificsource.com or 541.225.2811 for more information.



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