



2020 City of Frisco – Onsite Biometric Screening Schedule

Employees may have **one onsite** biometric screening each Wellness period (11/1/19 – 10/31/2020). Onsite appointments are on the City Hall 4th floor, McCallum Room and run about 15 minutes long. Cotinine (Tobacco) testing is included in the onsite screening. Results are sent to Asset Health within 7-10 business days and should be loaded on your Wellness portal within that time frame. Reminders are sent prior to the event date to help you remember your upcoming screening.



Safety Precautions: Events will be practicing Social Distancing. Arrive to your appointment promptly. Screeners will be wearing appropriate PPE and sanitizing their stations between appointments.

Review table below: You are only able to schedule an appointment when the Online Scheduler opens. If the upcoming event books up, you will have to wait until the online scheduler opens for the next event or complete your biometric screening via physician screening form or scheduling a LabCorp appointment through Asset Health.

Dates the Online Scheduler will be Open for event sign up:	Date of the Onsite Biometric Screening Event:
Monday, January 13 th , 2020	February 12th, 2020 from 7:00am – 10:00am
Wednesday, February 12 th , 2020	March 11th, 2020 from 7:00am – 11:00am
N/A	Due to Covid-19 -April and May Onsite biometric events have been cancelled
Wednesday, May 13 th , 2020	June 10th, 2020 from 7:00am – 11:00am
Wednesday, June 17 th , 2020	July 15th, 2020 from 7:00am – 11:00am
Wednesday, July 22 nd , 2020	August 19th, 2020 from 7:00am – 11:00am
Wednesday, August 12 th , 2020	September 9th, 2020 from 7:00am – 11:00am
Wednesday, August 19 th , 2020	September 16th, 2020 from 7:00am – 11:00am
Tuesday, September 1 st , 2020	October 1st, 2020 from 7:00am – 11:00am
Wednesday, September 16 th , 2020	October 14th, 2020 from 7:00am – 11:00am

Preparing for your Biometric Screening - Test results are based on **FASTING**

FASTING RECOMMENDATIONS

Fasting is important because what you eat may change test results. There will be a change in your blood cholesterol and levels of triglycerides if you have the lab work done after eating something. Similarly, if you eat sugar before getting your blood sugar tested, you will get inaccurate reading. It is important that you do not eat or drink anything but water. You should not eat anything at least 8 hours prior to your test.

- It is important to fast for at least 12 hours. Water is allowed though.
- You should not chew gum, smoke, or exercise before your test because all these activities can stimulate your digestive system and affect test results.
- Avoid alcohol for at least 24 hours before your test.
- You can take prescription medications unless your doctor advises against it. Certain medications, especially birth control pills can change your cholesterol levels.

It is important to note that you should fast for at least 8-12 hours but avoid fasting beyond 14 hours because it will have a negative effect on the results. Drink plenty of water to stay hydrated.

Find Wellness Program & Incentive Information at: www.friscotexas.gov/WellnessProgram

If you have questions about the Wellness Program, please contact Brittany Perez at 972-292-5202 or email, bperez@friscotexas.gov.