

Why Choose The University of Vermont Medical Center for your Biometric Screenings

Employer Health Management Services (EHMS) wants to partner with you to maintain a healthy workforce.

EHMS has been serving Vermont businesses since 1985 with high quality health management initiatives.

Here are a few highlights that make EHMS a great choice for your company's biometric screenings.

As a Blue Cross and Blue Shield of Vermont preferred provider, EHMS can bill directly for biometric screenings for BCBSVT insured employees. This makes screening events easy as well as cost effective. Non-BCBSVT insured employees can participate in the screening event and the company can be invoiced for seamless service delivery at the worksite.

QUALITY ASSURANCE

Integrity and quality of the biometric screening results are obtained through rigorous quality checks with the University of Vermont Medical Center's laboratory and technical services.

PROFESSIONAL STAFF

EHMS has distinguished itself by providing highly skilled registered nurses and trained medical professionals to conduct the biometric screenings and wellness coaching.

WELLNESS COACHING

A customized approach using motivational interviewing techniques helpful when working with a wide spectrum of populations and health issues.

AGGREGATE REPORTING

Biometric data is captured during the screenings and data is interpreted and reported for targeting future wellness initiatives. Results show which kinds of messaging and programs will have the greatest impact on helping your employees reduce modifiable health risks.

EMPLOYEE HEALTH SCREENINGS: WHY OFFER THEM?

Early detection and chronic disease prevention are important factors to consider when assessing your organization's medical care claims. Understanding predominant health risks in the employee population can facilitate the implementation of programs to motivate individuals in making behavior changes that can ultimately save lives as well as prevent high health claim costs down the road.

Biometric screenings can be helpful in identifying employees who are at risk for heart disease, diabetes, stroke and some cancers. Once an individual understands his or her personal health risks and how they impact their general health, they are often motivated to set goals and alter targeted lifestyle behaviors.

Onsite biometric screenings are a convenient way to assess employees' health risks. The health coach engages with the employee as the screening results are interpreted and this action facilitates an understanding of how lifestyle behaviors impact ones overall health. The process serves to create employees' awareness of potential health changes. When biometric testing reveals an individual is at moderate to high risk, the employee is encouraged to see their personal healthcare provider for further testing, treatment and advice.

WORKSITE HEALTH SCREENINGS

A 15 minute one-to-one encounter with an RN or trained medical professional includes:

- One-to-one health coaching
- Written educational material
- Mini health questionnaire
- Finger stick total cholesterol, HDL and glucose (non-fasting)
- Blood pressure screening
- Height/weight/BMI
- Diabetes and stroke assessment
- Appropriate referrals to community resources

TIPS FOR HAVING BIOMETRIC SCREENINGS FOR YOUR ORGANIZATION

- It is recommended that biometric screenings be done once a year to monitor changes in a growing workforce or on a scheduled timeframe for a steadier workforce.
- It is imperative that you reassure all employees of confidentiality during screenings, when/how results are provided and in the before/after health coaching.
- Emphasize that biometric screenings are voluntary but remind employees of the value of health screenings.
- Health education materials should be distributed and made available for all employees, regardless of their health risk levels.

FOR MORE INFORMATION

To learn more about the Employer Health Management Services, call Craig Stevens, Supervisor at (802) 847-6544 or email EHMS@UVMHealth.org.

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