

EMPLOYEES AND SPOUSES enrolled in Lexington's Medical Plan must complete the following in 2017 to receive their premium savings in 2018.

- CDPHP Personal Health Assessment by December 31, 2017
- Biometrics Screening **completed and submitted by December 15, 2017**.
- Routine Physical Exam- every two (2) years (2016 or 2017).

In addition, **EMPLOYEES** must:

- Complete the Tobacco Use Affidavit (if able to certify tobacco free) or if you are unable to attest to being Tobacco Free you must complete the "Reasonable Alternative Smoking Cessation" Workshop or the NYS Butt Stops Here Free Sessions offered at Lexington **by December 31, 2017**.

AND

- Receive a verified blood pressure measurement (from Lexington Free Biometrics Screening or via the "Physician's Screening" Form) equal to or less than 119/79 **by December 15, 2017**.

OR

- Read the "Release the Pressure" document provided by CDPHP and take the corresponding quiz located on your Lexington Wellness Website, no later than December 31, 2017.



BIOMETRIC SCREENINGS

For Lexington employees and spouses enrolled in Lexington's Medical Plan

Location	Date	Time	Registration Deadline
Gloversville (Gym) 127 E. State St.	Wed. April 5 th Thurs. April 6 th	12:00 – 6:00pm 7:30am – 1:30pm	Tues. March 28 th Wed. March 29 th
St. Johnsville- Oppenheim (Multi-purpose Room) 405 Co. Hwy. 114	Tues. April 25 th	7:30am – 12:00pm	Mon. April 17 th
Guilderland (Conference Room) 2301 Western Ave.	Fri. April 28 th	11:00am – 1:00pm	Thurs. April 20 th

To schedule an appointment, you must contact the appropriate point person for the clinic you want to attend, as follows:

Gloversville (127 E. State Street) - Bridgett Nestor - 775-5422

St. Johnsville (Oppenheim) (405 County Highway 114) - Donna Steenburgh or Vicki Scheuerman - 568-3102

Guilderland (2301 Western Ave) – Diane Bellamy – 218-7310, ext. 301

Please see the back for details on **What a Participant Can Expect**.



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Health Screenings: What Participants Can Expect

CDPHP members should bring their CDPHP Member Identification card to the screening.

Take advantage of free health screenings provided by CDPHP and St. Peter's Cardiac and Vascular Center:

- Blood Pressure
- Body Composition with Body Fat Percentage and BMI
- Cholesterol
- Glucose

Each participant will be asked to fill out a CDPHP health screening form that asks for name, date, screening location, gender, member ID number, height, weight, and date of birth. Participants can expect the screening process to take about 15 minutes.

Screening Measures

Weight is assessed by having the participant stand on a scale provided by CDPHP. The results will be recorded on the health screening form.

Blood pressure is measured by placing a cuff over the bicep (just above the elbow) and increasing the pressure either manually or by using an automatic monitor. Participants will feel increased pressure in the bicep area during the procedure. This test generally takes less than three minutes. Participants should try to wear clothing that allows the administrator to place the cuff over their skin at the bicep area. They will be asked to sit with both feet on the floor, relax, and limit talking.

Body composition analysis is measured using a FUTREX body composition machine, which determines body fat percentage via a near-infrared light. Research has determined that the midpoint of the bicep has a direct correlation with the body's overall fat level. The FUTREX sends a safe near-infrared light beam through the bicep into the tricep at specific wavelengths that fat will absorb and lean mass will reflect. The light absorption is measured to determine body fat percentage, water percentage, lean weight, essential fat, reserve fat, and excess fat. Participants should try to wear clothing that allows the administrator to place the light wand directly onto the bicep.

Body mass index (BMI) is calculated based on the individual's reported height in inches and the weight recorded at the screening site. BMI is a fairly reliable indicator of fat percentage for most people and can be considered an alternative for direct measures of body fat. Additionally, BMI is an inexpensive and easy-to-perform method for screening for weight categories that may lead to health problems.

Cholesterol screening, which may include a lipid profile/panel, is attained through a simple finger stick procedure in which the finger is pricked by a lancet to obtain a small amount of blood. Participants should expect a sharp pinch and no more than a few drops of blood. Participants do not need to fast for this screening. A fasting lipoprotein/glucose reading is considered when an individual withholds caloric intake for a period of 9-12 hours. (NHLBI, AHA)

Blood glucose (sugar) screening is attained through a simple finger stick procedure in which the finger is pricked by a lancet to obtain a small amount of blood. Participants should expect a sharp pinch and no more than a few drops of blood, and they do not need to fast for this screening. A fasting lipoprotein/glucose reading is considered when an individual withholds caloric intake for a period of 9-12 hours. (NHLBI, AHA)



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