

How to fill out Biometric Information in your PHP

For those who plan to participate in the Wellness program: you MUST fill out the Personal Health Profile (PHP) with your *actual* Biometric numbers.

For those who do NOT plan to participate in the Wellness program: you can either input your actual Biometric numbers or **choose a range** from the drop-down menu which fits your current health status.

If you do not know your actual numbers, choose a range which fits your health profile for now. Contact your physician or call WhiteGlove to get your basic health information which includes height, weight, blood pressure, blood sugar (blood glucose) and cholesterol.

The image shows a screenshot of a web form titled "Manage Profile" with a folder icon. The form is divided into several sections, each with a callout box pointing to it:

- Biometric Information:** Includes fields for Height (without shoes) in Feet and Inches, and Weight (without clothes) in Pounds. A callout box on the right says: "Biometric Fill in your Height (Feet & Inches) and Weight (in pounds)."
- Blood Pressure Information:** Includes fields for Systolic (high number) and Diastolic (low number) in mm/Hg. A callout box on the left says: "Blood Pressure Fill in your Systolic and Diastolic BP numbers in mm/Hg or choose a range."
- Blood Sugar Information:** Includes a field for Blood Sugar Level in mg/dL and a radio button for Fasting/Non-Fasting. A callout box on the right says: "Blood Sugar Fill in your Blood Sugar level in mg/dL or choose a range."
- Cholesterol Information:** Includes fields for Total and HDL (good Cholesterol) in mg/dL. A dropdown menu is open showing options: Ideal (Below 200 mg/dL), Borderline (200 - 239 mg/dL), and High (Over 240 mg/dL). A callout box on the left says: "Cholesterol Fill in your Total and HDL Cholesterol level in mg/dL or choose a range."

An "Update" button is located at the bottom right of the form.

- If you work at MOPS or DOPS you can get your blood pressure, heart rate, body mass index (BMI) and blood oxygen with the biometric kiosk right now!

The DOPS biometric machine is in the lounge area

The MOPS biometric machine is in the break room

Did you know?

Wellness Grants are now open to everyone! We offer Wellness Grants for those who are not in the Wellness program (i.e. you use tobacco). To qualify, simply complete your Biometric Testing (submit the form to Benefits) and complete the PHP with your Biometric Information. *Go to the Benefits website for more details.*

If you input your actual Biometric data into your PHP, then you may be qualified for a **Wellness Grant** in 2012!



Questions? Email: benefits@drivtTime.com or visit: www.DriveTimeBenefits.com