

Biometric Screening and Health Risk Assessment (HRA)

Biometric Screening: The testing will consist of weight and height measurements, blood pressure, waist circumference, and finger prick blood test to provide a complete lipid panel plus glucose levels. To ensure accurate results, it is suggested that you **FAST for 6-8 hours prior to testing**. If you do not FAST, you may still participate in the testing and will be informed as to which tests are accurate and which are skewed due to not fasting.

Dates of Testing: September 10, 11, 12, 23, 24, 25, 26, 27, and November 4.

To register for the biometric screening, log on to:

<https://login.registermytime.com/tw/oberlincollege>

- Open the registration website above. Click on “Register” which corresponds to the date you are choosing to be tested.
- A new screen will open and you will select your desired time from the drop down and enter your name, email address, and telephone number.
- Scroll down to the bottom of the page and click on “Register”
- Only one person per time slot—spouses will have to schedule a separate appointment
- Please note that you do not need to set up an account/password unless you need to cancel or reschedule your appointment time

Once you have finished registering, you will receive a confirmation email. Please print a copy.

If you need to change your appointment time and/or date, you will need to create an account. Simply click on the link in the email and click on “Set Password” under the “Register” box. Once you have your password, you can log in to cancel or reschedule your appointment. If you are having difficulty, please stop by the Human Resources office or call 440-775-8430.

Day of Testing: Biometric testing will be done in the Service Building (173 W. Lorain St), Rooms 206 and 215 on September 10, 11, 12, and November 4, and in the Carnegie Building Root Room on September 23, 24, 25, 26, and 27. Please take with you the confirmation that you received via email. You should fast at least 6-8 hours before testing.

Save the Results Card: Results from testing will be given to you on a card that will only be seen by you and the technician performing the test. The technician will keep a copy so that you can obtain the information if you misplace your card. The only information the College will receive is the verification that you did participate in the event. Your personal records are covered under HIPAA, thus will not be released to the College.

Health Risk Assessment (HRA): After you have completed the biometric testing you will need to complete a new HRA at myhealthplan.com before November 15th. If you have not previously registered for your Medical Mutual online account, click on “Register for an Account” on the right-hand side of the page. You must be covered under Medical Mutual health insurance to register. Once you are logged in, please click on the “Take Assessment Now” box under “Health Assessment” on the right-hand side of the screen. Please note that each individual will need to create their own username and password.

All HRA’s must be done on-line. Computers are available in the Human Resources Department if you do not have access to one.

