

# Onsite Biometric Screenings

Support your team's health and productivity by hosting biometric screenings at your worksite with HMAA! We offer convenient, custom onsite screenings that can be helpful in identifying potential health risk factors for chronic diseases or conditions such as hypertension or diabetes.

The following screenings are available to HMAA members and non-members age 18 and older. Spouses and dependents are also welcome! Screenings are voluntary, and no personal health information is shared with the employer. HMAA members with any results outside the target range will receive a letter in the mail encouraging them to discuss their results with their primary care physician.

## Biometric Screenings (No Blood Test Required)

1. **Body Composition with Body Mass Index (BMI)**
2. **Blood Pressure (O'ahu Only)**

### Program Details:

- **Cost:** No cost to host the screening and no cost to participants.
- **Minimum participation:**
  - O'ahu: 10 participants (includes both BMI and Blood Pressure);
  - Neighbor Islands: 25 participants (BMI only)
- **Time per Participant:** Approximately 4 to 5 minutes each.
- **Results & Follow-Up:** Includes a personalized report with wellness program recommendations based on screening results.



*Note: Blood Pressure screenings are available on O'ahu only. Neighbor Island screenings include Body Composition with BMI only.*

## Additional Screening Option

3. **Cholesterol and Glucose Tests (Non-Fasting) (O'ahu Only)**
- **Cost:**
    - No cost to host when 50 or more participants are screened.
    - If fewer than 50 participants, a \$350 fee will apply per screening event.
  - **Participant Cost:** No cost to participants.
  - **Time per Participant:** Approximately 10 to 15 minutes each.
  - **Results & Follow-Up:** Includes a report of aggregate screening results, historical participation counts, and wellness program recommendations.



## Scheduling

- To request a screening event, contact your Account Manager or email [HMAAwellness@hmaa.com](mailto:HMAAwellness@hmaa.com). Our wellness team will be in touch to coordinate details including location, date, time, participation, and parking.
- Requests must be submitted at least **6 weeks** in advance. Scheduling is based on availability.
- Events with blood tests are 4 to 5 hours at a single location. Additional events may be scheduled upon request.
- We will provide an optional template for participant sign-ups.
- The client must provide tables, chairs, and adequate space to accommodate our screening equipment and staff.

If you have questions, please contact our Wellness Team at (808) 791-7635 or [HMAAwellness@hmaa.com](mailto:HMAAwellness@hmaa.com). We look forward to working with you!