



## StayFit Plan Screenings *The Critical Four Health Factors*

### Biometric Screening

To ensure the highest level of implementation and efficiency as well as quality, StayFit offers flexible biometric screening options through our selected offsite qualified vendors or our onsite screening solutions. Either way, our screening services provide professional services that measure the four critical indicators with real time results, a post screening encounter with a qualified health professional, as well as secure data transfer of individual biometric results to the StayFit Plan website for participant viewing.

### The Critical Four

Data collection is a key element of any wellness program because it helps employers target population health risks and track risk migration. We recommend that employers focus screening efforts on the most important and practical data gathering method that will help them simplify their wellness strategy and maximize their wellness dollars while supporting a sustainable program.

The StayFit Plan strategy includes, at a minimum, the four critical factors that drive 75% of today's costly chronic disease:

- Blood Pressure
- Body Mass Index (BMI)
- Cholesterol (Full Lipid Panel)
- Glucose

These foundational screening indicators will provide your organization with the population health risks information needed to implement appropriate wellness programs and benefit design changes. Additionally, the StayFit Plan recommends the use of the ATP III Metabolic Syndrome guidelines for establishing allowable limits/guidelines for biometric parameters for participation-based as well as outcomes-based design, however employers have the flexibility to establish more rigorous allowable limits if they prefer.

### StayFit Screening Options

The StayFit Plan offers flexible screening options to meet the unique needs of our clients. We are able to accommodate:

- Onsite Screening
- Personal Physician Forms
- Lab Voucher Program

### Reporting

Our secured data warehouse (HIPAA compliant) stores all individual information in a central repository and provides robust aggregate employer reporting of all your health and wellness data. Individuals receive immediate results via onsite screening. Customized hard copy reports are available at an additional fee and support continuity and coordination of care.

**Contact Us Today!**  
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