



2020 City of Frisco – Onsite Biometric Screening Schedule

Employees may have **one onsite** biometric screening each Wellness period. (November 1st, 2019 through October 31st, 2020). Onsite screenings are at **City Hall 4th floor, McCallum Room**. This excludes the events at the Health Expo on September 17th. Appointment times run about 12 minutes long. Reminders are sent prior to the event date to help you remember your upcoming screening. *Check for the dates listed in the first column. This is when the Online scheduler will be Open for the event scheduled in the right column.*

Dates the online Scheduler will be Open for Event sign up:	Date of the Onsite Biometric Screening Event:
Monday, January 13 th , 2020	February 12, 2020 from 7:00am – 10:00am
Wednesday, February 12 th , 2020	March 11 th , 2020 from 7:00am – 10:00am
Wednesday, March 18 th , 2020	April 15 th , 2020 from 7:00am – 11:00am
Wednesday, April 15 th , 2020	May 13 th , 2020 from 7:00am – 10:00am
Wednesday, May 13 th , 2020	June 10 th , 2020 from 7:00am – 11:00am
Wednesday, June 17 th , 2020	July 15 th , 2020 from 7:00am – 11:00am
Wednesday, July 22 nd , 2020	August 19 th , 2020 from 7:00am – 11:00am
Wednesday, August 19 th , 2020	September 16 th , 2020 from 7:00am – 11:00am
Wednesday, August 19 th , 2020	September 17 th , 2020 (Health Expo) 8:00am – 12:00pm (Fieldhouse USA)
Wednesday, September 16 th , 2020	October 14 th , 2020 from 7:00am – 11:00am

Preparing for your Biometric Screening - Test results are based on **FASTING**

FASTING RECOMMENDATIONS

Fasting is important because what you eat may change test results. There will be a change in your blood cholesterol and levels of triglycerides if you have the lab work done after eating something. Similarly, if you eat sugar before getting your blood sugar tested, you will get inaccurate reading. It is important that you do not eat or drink anything but water. You should not eat anything at least 8 hours prior to your test.

- It is important to fast for at least 12 hours. Water is allowed though.
- You should not chew gum, smoke, or exercise before your test because all these activities can stimulate your digestive system and affect test results.
- Avoid alcohol for at least 24 hours before your test.
- You can take prescription medications unless your doctor advises against it. Certain medications, especially birth control pills can change your cholesterol levels.

It is important to note that you should fast for at least 8-12 hours but avoid fasting beyond 14 hours because it will have a negative effect on the results. Just be sure to drink plenty of water to stay hydrated.

Find Wellness Program & Incentive Information at: www.friscotexas.gov/WellnessProgram

If you have questions about the Wellness Program or the Incentives, please contact Brittany Perez at 972-292-5202 or email, bperez@friscotexas.gov.