



# Explore: Biometric Screenings & HRAs

Health Risk Assessments (HRAs) and Biometric Screenings (BMSs) are two valuable tools that can enhance a wellbeing program and show a clear picture of population health, especially when paired with a healthcare analytics program.



## HEALTH RISK ASSESSMENTS

Employee-reported surveys used to provide an evaluation of quality of life and health risks of an individual and/or entire population by measuring:

- Demographic and lifestyle characteristics
- Personal and family medical history
- Attitude and willingness to change behaviors
- Physiological data



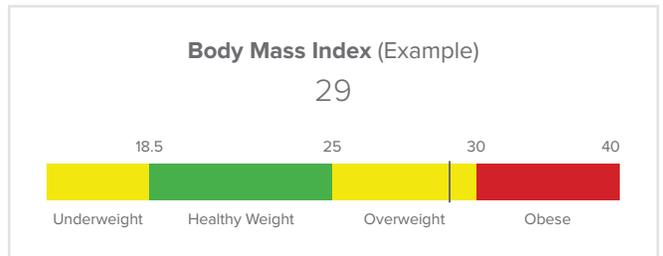
## BIOMETRIC SCREENINGS

The measurement of physical characteristics such as height, weight, body mass index, blood pressure, cholesterol, glucose and more, used as part of a workplace health assessment to benchmark and evaluate changes in employee health status. BMS data seamlessly flows into HealthSpective Engage in intuitive layouts (exp. below) to inspire individual action.

### WHAT ARE THE BENEFITS?

**Empowered Employees:** HRAs and BMSs help employers get a better understanding of their employee group and what they want and need in their wellbeing programs. Both tools are HIPAA compliant.

**Stronger Data:** Information received through HRAs and BMSs can compound both the success of wellbeing programs and the level of detail in analytics solutions.



### WHAT ELSE DO I NEED TO KNOW?

DHS Group offers both Health Risk Assessments and Biometric Screenings to its HealthSpective Engage and Analyze customers and organizations not previously affiliated with DHS Group. BMS data displays in the HealthSpective Engage Dashboard for individuals to monitor privately, increasing engagement in their personal health.

Our HRA was developed in-house and, for Biometric Screenings, we have partnered with Quest Diagnostics, a nationwide leader with options for screenings on-site, at Quest offices and at employee's own physician's office through specialized doctor forms. While Quest Diagnostics is our preferred partner, our team can work with BMS data from your existing vendor.

Learn how we can elevate your company's population health at [DHSGroup.com](https://www.dhsgroup.com)

**Houston**  
2425 Fountain View Drive, Suite 310  
Houston, TX 77057  
832.201.8500

**Cleveland**  
6860 West Snowville Road, Suite 120  
Cleveland, OH 44141

