



Register Now for Your 2023 **PHMP Biometric Screening!**

Attention Buchheit Enterprises PHMP Members – You can now schedule your onsite biometric screening for PHMP! Simply visit or click on the link below to register. You will also be able to choose a lab voucher or home test kit screening if you are unable to attend the onsite event.

What should I know about biometric screening?

Biometric screenings are short health exams that provide information about your potential risk for certain diseases and medical conditions. Knowing the numbers of your biometric screening is the first step to healthy living, as they help you understand where you can take action to improve your health.

The PHMP Onsite Biometric screenings will be offered for Buchheit Enterprises PHMP Members and will take the following measurements:

- Height
- Weight
- Blood pressure
- Your body mass index (BMI) will be calculated from your height and weight measurements.
- A blood test panel that will include:
 - Your total cholesterol.
 - HDL (High-density lipoprotein) cholesterol—also known as the “good cholesterol”.
 - LDL (Low-density lipoprotein) cholesterol.
 - Triglycerides.
 - TC/HDL ratio to better determine risk.
 - Blood glucose.

What options do I have to participate?

- Onsite – fasting (recommended) fingerstick screening to be held at Corporate (see below)
 - *A minimum of 20 people must schedule an appointment to hold this screening event!*
- Lab Voucher – fasting blood draw at a local LabCorp location.
- Home Kit – fasting fingerstick screening; kit to be mailed to your home address to complete.

When is the ONSITE screening scheduled?

- Buchheit Corporate – Wednesday November 8, 2023 – 7am to 12pm
 - 33 PCR 540, Perryville, MO

To schedule your onsite appointment or to order a voucher or kit, please visit:

<https://phmp.onsitehd.com/signup/buchheit>

*Employee ID is your PHMP Member ID. If you do not have this number, please call PHMP Health Coaches at: 855-498-4643.

Important Note – You will receive a PHMP benefit credit for the month you participate in the onsite screening, complete the voucher or return the home kit. By calling the PHMP Health Coaches in the following month, you can review your screening results and receive a PHMP benefit credit for that month.

If you have questions about the screening or issues with the website, please contact, Petrina Jannin at 573-547-1010, ext. 04700 or Petrina.Jannin@Buchheits.com.