



Biometric Screening RESULTS FORM

Act early for your 2025 premium incentive!

Please bring this form to your primary care doctor's office at the time of your annual physical and use it to record your biometric health screening results. We recommend that you complete a biometric health screening before having your annual physical so you can review your screening results with your doctor. Results must be submitted to your Quantum Health Care Coordinators before the Oct. 31, 2024, deadline to receive your credit for 2025. **Results can't be faxed – only self-entered – from this form by phone, website or app. To receive credit, you must complete at least four of the biometrics listed below.**

Employee Name: _____ Physician Name: _____

Physician Phone: _____

SCREENING NAME	YOUR RESULTS	DESIRABLE VALUE*
Height	_____	—
Weight	_____	—
BMI (Body Mass Index)	_____	Less than 25
Blood pressure	_____	Systolic (less than 120)/ Diastolic (less than 80)
Resting heart rate	_____	—
Fasting glucose	_____	Below 100 mg/dL
A1c (if recommended by your doctor)	_____	Below 5.7%
HDL (high-density lipoprotein)	_____	60 mg/dL or greater
LDL (low-density lipoprotein)	_____	Less than 100 mg/dL
Total cholesterol	_____	<200 mg/dL
Triglycerides	_____	Less than 150 mg/dL
TC/HDL ratio	_____	Less than 150 mg/dL

DON'T FORGET TO SUBMIT YOUR RESULTS

Go to **RenovoHealthHub.com** and click the **Wellbeing** tab. Follow the instructions to submit your biometric results to earn credit toward your discounted premium. **Once submitted, it may take 24 hours for the credit to be processed.**

* According to WebMD.



RenovoHealthHub.com

(866) 920-1980
(Monday-Friday, 8:30 a.m.-10 p.m. ET)

