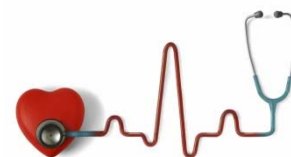


# 2019-20 Biometric Screening



**WHO:** Current and New AISD Employees & their Spouses covered under the CDHP or PPO Health Plan during the 2019-20 School Year. (Dependent children are not required to test)

**WHEN:** June 1st – September 28th

**WHERE:**



Bell Street Clinic  
3440 Bell St Suite 122  
Amarillo, TX 79109  
806.379.9225

Grand Street Clinic  
3300 I-40 East Suite 400  
Amarillo, TX 79103  
806.379.8552

**R90EGISTER:** <http://www.caretodayurgent.com/aisd/>

The Biometric Screening is part of the district’s wellness program to encourage healthy lifestyles. The screening allows employees (and their spouses) the opportunity to:

- Know your numbers
- Lower monthly premiums (just by participating)
- Receive a deductible credit(s) (Every criteria met will provide a \$100 credit towards your deductible)
- Provide health and wellness resources to employees and/or spouses

Measurement	National Institute of Health Level	AISD Plan Level	Credit for Meeting Criteria
Blood Pressure	120/80	Less than 140/90	\$100
Body Mass Index	Less than 25kg/m	Less than 30kg/m	\$100
LDL Cholesterol	Less than 100 mg/dL	Less than 130 mg/dL	\$100
Tobacco/Nicotine	None Detected	None Detected	\$100
Online HA	On or after July 1 <sup>st</sup>	Completed	\$100

\*Keep in mind, to be tested you must fast. No food or drink, other than water, after midnight on the evening before your scheduled appointment. Remember to DRINK LOTS OF WATER and TAKE ANY MORNING MEDICATION (Blood Pressure, Cholesterol, etc.). Make sure you are well hydrated and that you have taken your medications so you can be tested accurately and in a timely manner.