



Annual Physicals vs Biometric Screenings

As an employer, you can provide onsite screenings at your workplace to motivate employees to take ownership of their health. Understanding the options allows you to make choices which are best for your workforce. At OneTGH Employer Solutions, we provide two different types of screenings onsite for workforces: an annual wellness physical (with a medical provider) and a biometric screening (with a wellness team).

An annual wellness physical examination includes a history and physical examination tailored to the individual employee's age, gender, prior health conditions, and lifestyle risks. It also allows the opportunity for the employee to ask questions to a medical provider.

1. Includes measures of general health like blood pressure, measures of visceral body fat, with examination of skin, heart rhythm, general vascular and lymphatic systems. Additional examination components as indicated.
2. Preceded by laboratory tests which can be reviewed and discussed during the examination
 - Complete Blood Count (CBC): Evaluates the red and white blood cell counts, hemoglobin levels, platelet count, and other blood components.
 - Lipid Profile: Measures cholesterol levels, including total cholesterol, HDL (good cholesterol), LDL (bad cholesterol), and triglycerides.
 - Urinalysis or microalbumin: Assesses the urine for any abnormalities, such as early kidney problems, blood in urine, sugar in urine from diabetes, or protein leakage from uncontrolled hypertension.
 - Comprehensive Metabolic Panel (CMP): Screens for electrolytes, elements, late kidney damage, liver function, and blood glucose levels.
 - Hepatitis B or C screening. Identifies hepatitis infection of liver
 - Hemoglobin A1c (HgA1C). Best single test to detect early diabetes.
 - Thyroid-Stimulating Hormone (TSH): Measures the levels of TSH hormone, which aids in assessing thyroid function.
 - Prostate Specific Antigen (PSA): Detects prostate cancer
 - Blood screening for Sexually Transmitted Disease: May include tests for HIV or chlamydia.
3. Includes assistance if needed in finding a personal health provider or locations for needed vaccination, imaging, and specialty evaluations

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OneTGH provides wellness physical examinations on the TGH mobile unit to proactively address health. This visit is considered preventive care and will often be processed through your company's group health insurance. Unlike a visit to a doctor to treat a single condition, this visit takes a broad approach to health by identifying most of the serious health issues faced by Americans and ways to detect and prevent them from turning into lifelong disease or worse.

On the other hand, biometric screening involves focused testing for a few common health conditions and include simple and non-invasive tests. This screening is intended to increase awareness related to risks for certain chronic diseases.

Biometric screenings can measure:

1. **Blood Pressure:** Evaluates the force of blood against artery walls to assess for hypertension which is a risk factor for heart disease and stroke.
2. **Body Mass Index (BMI) and Waist Circumference:** ratio of height and weight and truncal obesity which has been linked to elevated risks of heart disease, diabetes, and cancers.
3. **Cholesterol Profile:** Measures total cholesterol, HDL, LDL, and triglycerides to evaluate the future potential for build up of artery clogging plaques.
4. **Blood Glucose Test:** Screens for diabetes or prediabetes by measuring blood sugar levels.
5. **Health Risk Assessment (HRA):** A written questionnaire to broadly identify lifestyle factors, medical history, and personal habits and provide general recommendations using established criteria.

Biometric screenings typically aim to identify early signs of health issues and provide participants awareness and self-targets for health improvement. They are often conducted as part of workplace wellness programs or community health initiatives.



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