

## Biometrics Screening Results Form

Use this form to record your physician biometrics screening results and enter them online.

As a benefit to you and your coworkers, Watco Companies has implemented a Wellness Program. The first step of this program is to complete your biometrics screening and submit your results to *Watco Companies Coordinated Health/Care*.

### Fill in your biometrics information below:

Your Name: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Blood Pressure: \_\_\_\_\_ BMI: \_\_\_\_\_

Total Cholesterol: \_\_\_\_\_ HDL: \_\_\_\_\_

LDL: \_\_\_\_\_ Total Cholesterol/HLD Ratio: \_\_\_\_\_

Triglycerides: \_\_\_\_\_ Glucose: \_\_\_\_\_

Physician Name: \_\_\_\_\_ Physician Phone: \_\_\_\_\_

Next, go to [www.watcocompanieshealthplan.com](http://www.watcocompanieshealthplan.com), click "Your Incentive Checklist," and enter your biometrics results.

Once submitted, please be sure to review which activities you still need to complete.