



UNIVERSITY OF
**CENTRAL
ARKANSAS™**

UCA
BeWell

2025 On-site Biometric Screening FAQs

Screening Dates: May 5th through August 15th, 2025

UCA Student Health Center: Student Health Building- 1st Floor I (501) 450-3136

BY APPOINTMENT ONLY

****YOU MUST FAST AT LEAST 4 HOURS AND HYDRATE PRIOR TO ARRIVAL****

Why are on-site biometric screenings offered at the UCA Student Health Clinic (SHC)?

BeWell is proud to partner with the SHC to offer on-site biometric screenings in a convenient clinical setting for faculty and staff. The SHC is committed to HIPAA best practices for privacy and security of your protected health information and has extensive appointment availability throughout the screening period to meet the varying scheduling needs of our workforce.

Why should I complete a biometric screening?

Screenings are offered to help employees understand their health status. During the screening process, employees discover unknown health concerns such as high blood pressure, diabetes, and some types of cancer. In addition to promoting the well-being of faculty and staff, screenings are the main strategy used to mitigate financial risk to our self-insured health plan. By participating in annual screenings, you are doing your part to help minimize increases to your health insurance premiums.

For taking part in the screening process you will earn a health insurance premium discount for the next calendar year. Visit: <https://uca.edu/bewell/healthscore/>

Who is eligible to participate in the on-site biometric screenings?

All benefits-eligible employees and retirees currently enrolled in UCA's health insurance are eligible to participate. If you are unsure if you are eligible, contact BeWell at ucabewell@uca.edu or 501-450-3239.

Is there a fee for the on-site biometric screening at the Student Health Clinic?

There is no cost. See explanation above defining "eligible employee."

How do I schedule my on-site biometric screening appointment at the Student Health Clinic?

Call (501) 450-3136 to schedule or online through your [patient portal](#).

What should I expect during my biometric screening appointment?

You will need to fast for at least 4 hours prior to your appointment and drink plenty of water the day of your screening. Your appointment will last approximately 15 minutes. The clinician will measure your height, weight, and blood pressure. A finger stick blood sample, venipuncture blood sample, and a urine sample will also be collected. Waist circumference is optional and will not be included in scoring. More details: <https://uca.edu/bewell/healthscore/>

How will I review my results? When will my Health Risk Assessment Survey be available?

Results will be available 5 to 10 business days after your on-site screening. Once your biometric screening results have been processed, you will receive an email from HealthCheck360. You will be prompted to sign in to review your results and complete your Health Risk Assessment Survey if you have not already.

Rest assured, if your lab results indicate urgent health concerns the Student Health Clinic will contact you immediately. The SHC typically receives lab results within 24 hours.

How is my health score calculated?

Details are available at this link: <https://uca.edu/bewell/healthscore/>

What if the SHC schedule doesn't work for me or I prefer not to screen on-site?

You are always welcome to have your primary care physician perform your biometric screening, using the Physician Wellness Screening Form. Visit: <https://uca.edu/bewell/forms/>. If you are a new employee starting between October 15 and October 31, please contact BeWell at ucabewell@uca.edu or 501-450-3239 to discuss your options. Be mindful of the program deadlines listed below, and the timeline of lab work.

Does the on-site biometric screening count as my annual preventative wellness visit?

No! Both UCA insurance plans cover a preventative wellness visit with your primary care provider once per calendar year at 100% (no copay or coinsurance). The on-site biometric screening does not replace this benefit. We strongly encourage employees to complete an annual wellness visit with their PCP to manage chronic conditions and seek preventative care.

What is the deadline for completing a biometric screening and Health Risk Assessment Survey to earn the health insurance premium discount for 2026?

The annual BeWell cycle is November 1 to October 31. All participation requirements must be completed and submitted by the October 31 deadline.

Who can I contact if I have questions?

Contact BeWell: ucabewell@uca.edu or 501-450-3239.