

HRA and Biometric Screening Instructions

Atrium Health Wake Forest Baptist and Forsyth County Government are excited about being your partner in better health. The first step toward participation in the Forsyth County Government Wellness Program is completion of a comprehensive online Health Risk Assessment (HRA) in which you answer questions and provide information regarding your health & wellness behaviors. Completing the HRA will result in the compilation of a comprehensive wellness tool that will ultimately include your HRA information and the information we obtain from your biometric screening. **Please take the HRA by May 15, 2026, before you participate in the biometric screening.**

STEP 1: Log onto the wellness platform

Go to the Wellness Website at assethealth.com/fcgwellness. If you have not already, please click on “Wellness Program Portal” and use the following instructions to log into your account. **Your default username is your first initial of first name + last name + last 4 of SSN. Your default password is DOB (MMDDYYYY). When you log in, you will be prompted to reset your username and password.**

If the website will not verify your information, please email FCGWellnessAHWFB@advocatehealth.org. You will use the same username and password each time you visit the Wellness Portal going forward.

STEP 2: Complete the HRA

Once logged into the Wellness Portal, please click the “Health Assessment” tile on the right. Please allow 15 minutes to complete your HRA (answers cannot be saved and returned to later). Failure to complete your HRA will result in loss of the wellness discount. **Please complete your HRA by May 15th.**

STEP 3: Schedule your biometric screening appointment

AHWFB will be onsite starting April 14th through May 15th offering biometric screening appointments at Government Building, Public Health, Tanglewood, EMS and Employee Health and Wellness Clinic. If you are a retiree and have had your lab work done within the past 6 months and would like to use your lab results from your physician’s office, please use the attached Alternate Biometric form to do so by May 15, 2026. You may schedule by visiting assethealth.com/fcgwellness. If you need any assistance scheduling, please email FCGWellnessAHWFB@advocatehealth.org.

During your biometric screening, a finger stick sample will be obtained for your lipid (cholesterol) profile, glucose & A1C. In addition, your height, weight, blood pressure and waist measurements will be obtained, and your BMI will be calculated. You should allow 25 to 30 minutes for the entire screening process.

We recommend that you fast for 8 hours, but a minimum of 6 hours is required to ensure an accurate score and risk stratification analysis. During fasting, you are allowed to drink water and black coffee only. Black coffee is defined as no cream, no sugar, and no artificial sweeteners. If you are not required to eat with or after taking your medications, you can take them with water at your usual times prior to your blood work.

STEP 4: Schedule your health coaching appointment

You will receive a letter in the mail no later than **June 30, 2026,** with your health coaching requirements enclosed. In this letter you will also receive information about the coaching quarters that each assigned coaching session needs to be completed in, as well as how to schedule a health coaching appointment. You will also see your number of assigned health coaching sessions within your wellness portal, once your lab results have been uploaded.

***Forsyth County Government has no part in the online HRA process and will not receive any of your personal information from the biometric screenings or HRA. If you have any questions or problems accessing assethealth.com/fcgwellness or completing the online HRA, please email FCGWellnessAHWFB@advocatehealth.org.*