



Employee Name: _____ **Date:** _____

Section I: Biometric Screening Protocol

1. Which of the following information categories is acceptable to discuss with a biometric participant?
 - a. OTC medications
 - b. Herbal supplements
 - c. Prescription medications
 - d. Lifestyle modifications

2. The acronym BMI stands for: _____.

3. The normal BMI range is:
 - a. 25 – 30 kg/m²
 - b. 18.5 – 25 kg/m²
 - c. Less than 18.5 kg/m²
 - d. 30 kg/m² and above

4. The average body fat % range for women is _____ - _____ % and for men is _____ - _____ %.

5. Blood pressure reports two pressures and is recorded as _____ (top) pressure over _____ (bottom) pressure.

6. The systolic pressure measures the pressure in the arteries when the heart muscle contracts.
 - a. True
 - b. False

7. A normal blood pressure reading is < _____ / _____ mm Hg.

8. _____ is a soft waxy substance found in the bloodstream and in all cells.

9. HDL stands for _____.

10. HDL is also known as “bad” cholesterol.
 - a. True
 - b. False

11. LDL stands for _____.



12. LDL is also known as “_____” cholesterol.
13. The higher the HDL, the lower the risk of coronary artery disease.
- a. True
 - b. False
14. The chemical form of fats carried in the blood from the foods we eat is known as:
- a. HDL
 - b. LDL
 - c. Triglycerides
 - d. Total cholesterol
15. List the desirable range for each value below:
- a. Total Cholesterol: _____ mg/dL
 - b. LDL: _____ mg/dL
 - c. HDL (male): _____ mg/dL
 - d. HDL (female): _____ mg/dL
 - e. Triglycerides: _____ mg/dL
16. The waist circumference should be measured around the “_____” waist and should be taken on _____ (inhale or exhale).
17. A fasting blood glucose reading can be measured after how many hours of fasting (nothing to eat or drink)? _____ Hours
18. A normal fasting blood glucose level for a non-diabetic patient is _____ mg/dL.
19. If a participant asks, “What can I take to lower my cholesterol?”, you should recommend the following:
- a. An over the counter (OTC) medication
 - b. Refer the participant to a Triad Care, Inc. pharmacist
 - c. Both A and B are appropriate
20. A lifestyle modification recommendation may refer to changes in ALL the following EXCEPT:
- a. Smoking
 - b. Diet
 - c. Exercise
 - d. Medications and supplements

Employee Initials: _____



Section II: Fingerstick Assessment

1. Which fingers are preferred for a finger stick?
 - a. 1st and 3rd finger of the dominant hand
 - b. 3rd and 4th finger of the non-dominant hand
 - c. 2nd and 5th finger of the non-dominant hand
 - d. 2nd and 4th finger of the dominant hand
2. What area of the finger is most appropriate for a finger stick?
 - a. Top
 - b. Center
 - c. Side
3. To prepare for a finger stick, you should cleanse the finger with _____.
 - a. Wet gauze
 - b. Alcohol swab
 - c. Soap and water
4. After cleansing the finger, you should _____.
 - a. Immediately perform finger stick.
 - b. Wipe dry with clean gauze.
 - c. Allow site to air dry.
 - d. B and C are appropriate.
5. After performing the puncture, you should wipe away the first drop of blood.
 - a. True
 - b. False
6. Light pressure can be applied to the finger, but “milking” should be avoided.
 - a. True
 - b. False
7. The finger should be clean and dry at the time the finger stick is performed. The presence of fats or alcohol on the skin’s surface may result in inaccurate test results.
 - a. True
 - b. False

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