

HOW TO PREPARE FOR YOUR HEALTH SCREENING

Use this quick checklist to get ready for your appointment.

1



UPDATE YOUR CONTACT INFORMATION

Make sure your email address and phone number are current in your wellness portal so you can receive screening and results notifications.

2



FAST FOR 8-12 HOURS

Fasting is required for this health screening. Do not eat or drink anything besides water for **8-12 hours** before your appointment.

3



TAKE MEDICATIONS AS PRESCRIBED

Continue taking your medications as prescribed by your doctor. If your doctor or medication instructions advise against fasting, follow those instructions.

4



DRINK PLENTY OF WATER

Drink 8-10 cups of water each day starting 72 hours before your appointment and on the day of your screening. Staying hydrated helps support a successful blood draw.

5



ARRIVE 5-10 MINUTES EARLY

Arrive **5-10 minutes early** for your appointment. Wash or sanitize your hands prior to your appointment.



Your onsite appointment takes about **10-15 minutes**

Your confidential health report will be available in your wellness portal about 7-10 business days after your screening.