

WHAT TO EXPECT AT A HEALTH SCREENING



VITAL SIGNS

An examiner will record your temperature, blood pressure, heart & breathing rates.



WEIGHT

An examiner will measure your weight using a calibrated scale.



MEASUREMENTS

An examiner will measure your waist and hips in order to gather your waist-to-hips ratio.



BLOOD DRAW

An examiner will perform a quick venipuncture blood draw to collect samples that will be sent for testing.



RECOVERY

You may feel tired or hungry after your screening, so be sure to eat a nutritious snack or meal and take some rest afterwards.

PREPARE FOR YOUR UPCOMING HEALTH SCREENING

1



UPDATE YOUR CONTACT INFORMATION

Ensure that your email address and phone number are current in your wellness portal to receive notifications about your health report and screening.

2



FAST FOR 8-12 HOURS

Fasting is critical for accurate results. Do not eat or drink anything besides water for 8-12 hours prior to your appointment.

3



MAINTAIN YOUR MEDICATION REGIMEN

While you're fasting, maintain your medication regimen as prescribed by your doctor. If your doctor or medications advises against fasting, listen to their recommendations and adjust your preparations accordingly.

4



DRINK PLENTY OF WATER

Stay well-hydrated by drinking 8-10 cups (64-80 oz) of water daily, starting 72 hours before and on the day of your appointment for a successful blood draw.

5



ARRIVE 5-10 MINUTES EARLY TO YOUR APPOINTMENT

Don't forget to wash or sanitize your hands prior to your appointment.