How to Prepare for Your Biometric Screening

Your screening is just around the corner. Follow the steps below to prepare for your scheduled appointment.

• **Fast 8 hours before your screening.**
  Fasting is important to obtaining accurate results. Do not eat or drink anything other than water prior to your screening. **Talk with your personal physician before fasting if you are diabetic, pregnant, or taking any prescribed medication(s).**

• **Drink plenty of water the night before and the morning of your screening.**

• **Arrive 5 to 10 minutes prior to your scheduled appointment for registration.**

• **Relax. If you are feeling nervous or have difficulty giving blood, please tell the certified health professional.**

*Results of your individual screening are completely confidential. Your Personal Health Information will not be shared with your employer.*
What You Can Expect at the Screening

1. **Lab Slip & Consent Form**
   When you arrive for your screening you will fill out a lab slip and consent form. You will be asked for your name, date of birth, gender, address, email, phone number, employee or spouse/dependent, and last four digits of your Social Security Number.

2. **Measurements**
   Remove any heavy outer clothing, objects from your pockets, and shoes to make sure your measurements are accurate. The measurements include height, weight, neck, waist, hips, and blood pressure. These measurements will be recorded to the nearest ¼ inch. Any blood pressure reading of 120/80 or above will require a second reading taken on the opposite arm. When this is complete, the certified health professional will ask you to review all measurements and initial your consent. If you disagree with any measurements, ask the certified health professional to re-measure. You will not have the opportunity to have measurements retaken after initialing.

3. **Complete Blood Draw**
   Relax. If you are feeling nervous or have difficulty giving blood, please tell the certified health professional. The blood draw will include a standard panel of tests consisting of cholesterol, glucose, nicotine, and other health indicators. HealthCheck360° does not check for illicit drugs, HIV/AIDS, or hepatitis. There is a possibility of discomfort, fainting, bruising, or infection. Should you start to bruise, ice the area. After screening, avoid heavy lifting and intense exercise for at least an hour.

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To preview the HealthCheck360° screening click here: [www.healthcheck360.com/biometricscreening](http://www.healthcheck360.com/biometricscreening)