HRA SCREENING REMINDERS:

The screening will take approximately 10 minutes and includes height, weight, waist, hip (for women only), blood pressure measurements and a blood draw. Screenings are being held in the Buchanan Kiewit Wellness Center-Multi Purpose Room (weekdays); or Brokaw Hall (Saturdays); or Bjorklunden (if that is your work location).

PRIOR TO your health screening appointment:

- Complete the online questionnaire and register online for your HRA screening appointment. Instructions are available on the Human Resources web-site. You will be required to login (case sensitive).
- Print, complete, and sign the Lab Consent Form (available on the Human Resources web-site) (the lab will not release your results without a signature). Bring this with you to the HRA screening.
- Drink at least 24 ounces of water within 2 hours of your blood draw. The blood draw will be easier if your blood vessels are hydrated.
- Continue taking prescribed medication, including insulin.
- Fast (don’t eat or drink anything other than plain water) for 8-12 hours prior to your screening appointment to get the most accurate results. If you chew gum, make sure it is sugar free. If you are diabetic, follow your physician’s dietary guidelines.
- Avoid vigorous exercise for at least 12 hours (this may cause you to be dehydrated).
- Avoid alcohol for at least 24 hours. Drinking alcohol may affect your blood results.
- Avoid caffeine and nicotine (tobacco use) for at least 30 minutes.

ON THE DAY OF the health screening appointment:

- Bring your completed and signed Lab Consent with you to the screening.
- Wear a shirt that is short-sleeved, sleeveless or easy to roll up over the elbow.
- Wear shoes that are easy to remove.
- Avoid wearing pleats or anything that bunches at the waist or hips.
- Your height and wrist will be measured; however the result will remain the same as your first year of testing unless you request a recheck at your appointment.
- Review the weight, waist and hip measurements recorded by the examiner. If you do not feel they are accurate, request a recheck at your appointment. You will be asked to initial the form (indicating you agree with the measurements recorded).
- If you are allergic to latex or have an adhesive allergy, please notify the phlebotomist.

AFTER your blood draw:

- Apply pressure to the venipuncture site for at least 4 minutes.
- Do not lift anything heavy until you have stopped bleeding.
- Bruising may occur, so do not be alarmed. The discoloration will go away within a few days.
- Help yourself to complimentary snacks and beverages which will be provided.

Record your appointment information on this form and mark this appointment on your calendar.

Appointment date: _____________________________ Appointment time: _____________________________
Appointment location: ___________________________________________________________