



## **Participants Do's and Don'ts for Health Screenings:**

1. In order to obtain accurate results, you should fast for 6 to 8 hours prior to your screening time.
2. You may drink water, black coffee, or tea without sugar prior to your screening.
3. Limit your alcohol consumption for 24 to 48 hours prior to your screening.
4. Continue to take your prescribed medicine as usual.
5. If you need to eat breakfast for a medical reason (i.e. Diabetic or prescription purposes), please inform your screener at the time of your appointment.
6. If you have a late appointment, you may eat a light early breakfast and then fast until your appointment.
7. Wear regular work clothes to the screening.
8. If weather permits please wear a short sleeve shirt for the blood pressure portion of the screening.
9. A screening will take a maximum of 15 minutes.
10. All results will be given at Point of Care with an explanation.