

ATTEND YOUR UPCOMING SCREENING



May 15th and 16th

ARRIVAL

- Arrive five (5) minutes early
- Be sure to have a Photo ID

FASTING

- Fast for 10 – 12 hours prior to your screening
- Take all medications as prescribed

Speak with your healthcare provider if you feel fasting will affect any medical condition that you have.

DRINKS

- Stay hydrated one week prior to screening, and consume 6-8 oz. of water before your screening
- You MAY consume black decaffeinated coffee or clear water - do not add creamer or sweetener to your coffee
- Staying hydrated will help ensure a smooth blood draw

TOBACCO

- Do not smoke or chew tobacco one (1) hour prior to screening

DON'T FORGET

- You must complete your health screening so you can have the opportunity to earn the wellness points that will help manage your healthcare costs
- If you haven't signed up, see HR - if you did sign up for a screening time, make sure you don't miss it

EXERCISE

- Avoid exercise or strenuous activity 24 hours prior to screening

POST SCREENING

- Avoid heavy or strenuous activity after your screening
- Notify an examiner immediately if you feel dizzy or light-headed

Occasionally, participants may experience some pain, redness, soreness, bruising or swelling around the needle insertion site.

QUESTIONS?

Contact Bravo Wellness at 877.662.7286 or visit www.bravowell.com

