

myhealthIQ

How to Prepare for Your Health Screening

- Print and bring your Boarding Pass to the screening.
- Fast for 8 hours before your screening; this means no food or beverages, other than water.
- Drink plenty of water.
- Continue taking your medications as prescribed on the day of the screening.
- If you are a diabetic, pregnant or have any other medical issues, check with your doctor before fasting.
- Arrive 5 minutes before your scheduled time to register.
- Allow about 12 minutes for the screening.

At the screening, a nurse will take simple body measurements and collect a blood sample. After your screening, you will receive a light snack prior to returning to work.

Fast for 8 hours.

Drink plenty of water.

Continue taking any medications as prescribed the day of the screening.

**Contact Healthways with questions or concerns:
(866) 577-7172**

Date of Screening: _____ Location: _____ Time: _____

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