

Preparing for your Wellness Screening

WITH ALLEN OCCUPATIONAL HEALTH



To receive the most accurate results as possible, please follow these instructions:

- **DO NOT** eat or drink anything except water for 12 hours before your scheduled time*
- **DO NOT** exercise 12 hours before your scheduled time.
- **DO** take all medications as directed by your medical provider(s)
- **DO** drink 1-2 glasses of water 1-2 hours before your scheduled time
- **DO** wear a shirt with sleeves that can easily be rolled up for blood pressure check
- **DO** wear shoes that can easily be removed

* If you cannot fast for 12 hours due to a medical condition, please follow your doctor's instructions

WHAT TO EXPECT AT THE WELLNESS SCREENING:

- Please arrive on time – coming early or late may result in longer wait times.
- Check in with Allen Occupational Health's Wellness Coordinator when you arrive. You will be given a consent form and paperwork to complete and sign.
- Visit all 3 stations during your screening: blood draw, blood pressure, and body measurements
- Check out with the Wellness Coordinator and share any concerns regarding your results before you leave

Your screening visit will last 15-20 minutes. Results will be mailed to your home address within one week of the screening. All data collected from your wellness screening will stay confidential. Individual results will not be shared with your employer.

If you have any other questions, please contact your Human Resources representative.

unitypoint.org/waterloo/wellness

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UnityPoint Health
Allen Hospital