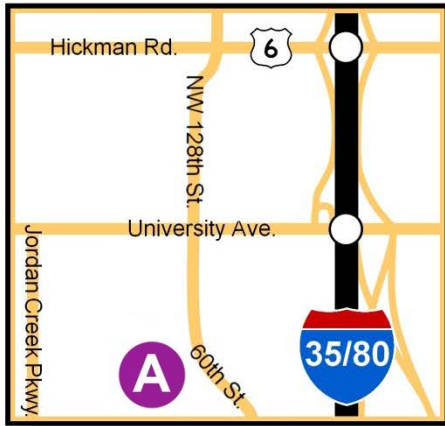


UnityPoint Health – Des Moines Physical Capacity Profile Testing

LOCATIONS

A WEST DES MOINES Phone: 515-241-2020

DMOS Building
6001 Westown Pkwy., Ste. 205
West Des Moines, IA 50266



B DES MOINES Phone: 515-262-7619

Penn Medical Place
1301 Pennsylvania Ave., Ste. 308
Des Moines, IA 50316



C ANKENY Phone: 515-964-6974

White Birch Plaza
1810 SW White Birch Cir., Ste. 111
Ankeny, IA 50023



Your Appointment:

EMPLOYEE NAME: _____

DATE & TIME: _____

TESTING LOCATION: _____

TESTING INFORMATION:

- Arrive 15 minutes early to complete paperwork (late appointments may be rescheduled).
- Bring government-issued photo identification.
- Non-English speaking patients must bring an interpreter.
- Wear loose-fitting, comfortable clothing and good shoes.
- Children are not allowed in the testing area and may not remain in the lobby unsupervised.
- You will be asked to provide maximum effort, so please be prepared to give full effort.
- If you have high blood pressure or are under the care of a physician for any other medical reason, you may be required to complete a medical release prior to testing.