

Preparing for Your Biometric Screening

What steps should I take to prepare for my biometric screening?

To ensure the most accurate results possible, be sure to follow these guidelines when preparing for your biometric screening:

- Do not eat or drink anything but water for 8 hours before your screening.*
- Drink at least two 8-oz glasses of water 1-2 hours prior to your screening appointment to ensure proper hydration. Being properly hydrated is essential for a positive biometric screening experience.
- If you are on medication(s), please continue to take your medication(s) as prescribed.

**If you cannot fast for this length of time, a modified blood test can be performed.*

What can I expect on the day of the screening?

Our goal is to give you information about your health in an easy, convenient and private manner. Your entire screening should take approximately 20 minutes. As you enter the testing area, you will be greeted by a screening technician who will provide paperwork for you to complete and sign.

After completing your paperwork, you will visit testing stations:

- Height/Waist/Weight Measurement
- Blood Pressure
- Cholesterol and Glucose (done with a simple fingerstick)
- Additional screening services may also be offered