

Have a smooth screening.

Follow these steps to ensure a successful screening experience:



Avoid Tobacco & Caffeine Beforehand

For an accurate blood pressure result, do not consume tobacco or caffeine 30–60 minutes prior to screening.



Avoid Exercise & Stress Beforehand

For an accurate blood pressure result, no strenuous activity 30 minutes prior to screening and try to be as relaxed as possible at least 5 minutes before.



Fast From Food

Fast for 10–12 hours prior to your screening for accurate cholesterol and glucose results. You may have water and black coffee/tea. Take all medications as prescribed.



Wear Short Sleeves

If you can, wear a shirt that allows you to have the blood pressure cuff directly on your skin.



Stay Hydrated & Warm

Drinking 6–8 oz. of water before your screening and making sure you aren't cold helps make your blood draw easier.

Additional Screening Information

Don't forget to carefully read and sign your screening form!

- Remove your shoes and empty your pockets. The health professional will want to make sure your height and weight are accurately captured. Height will be recorded to the nearest ¼ inch. Weight will not be rounded.
- The waist measurement will be taken at the navel using a 360-degree spin method, rounding to the nearest ¼ inch.
- Your pulse will be recorded for 60 seconds.
- A second blood pressure reading will be taken only if your first reading is greater than or equal to 120/80.
- The blood draw will take place after your blood pressure reading has been recorded. No more than 2 attempts at the blood draw should be made. Both the second and third attempts require your approval.