



Pre-testing Guidelines for Biometric Screenings

FOR THE MOST ACCURATE RESULTS:

- No smoking for at least 1 hour
- No eating or drinking except water for at least 9 hours (unless you are insulin dependent, have diabetes, or have been diagnosed with hypoglycemia)
- No vigorous exercise for at least 24 hours
- No alcohol consumption for at least 24 hours

ADDITIONAL INSTRUCTIONS:

- Take all prescribed medication as you usually would
- Maintain adequate hydration prior to the screening (try to consume at least 64 ounces of water within 24 hours of screening)
- Be prepared to roll up your sleeves for the blood pressure test and remove your shoes for the height and weight measurements

PLEASE NOTE: Two pounds will be deducted from your weight value and one inch will be deducted from your waist measurement value to help compensate for your clothing

BIOMETRIC SCREENINGS MAY INCLUDE:

- Blood pressure
- Body composition (height, weight, and waist measurement)
- Blood profile (total cholesterol, HDL and LDL cholesterol, total/HDL ratio, triglycerides and glucose)