



PARTICIPANT INSTRUCTIONS

Plumbers Local 400 - Health Screening Program

Your Health Fund has arranged for Biometric Screening Events to conduct a health screen. The screening dates are mailed to you or you can find them on the BPA Website. The screening includes height, weight, waist and blood pressure measurements and finger stick for blood glucose and cholesterol.

Prior to your health screening appointment:

- **Drink some water within 2 hours of your finger stick.** The results will be more accurate when you're hydrated.
- **Continue taking prescribed medication,** including insulin.
- **Wash your hands** with warm water and soap.
- **Avoid vigorous exercise** for at least 12 hours (this may cause you to be dehydrated).
- **Avoid alcohol** for at least 24 hours. Drinking alcohol may affect your blood results.
- **Avoid caffeine and nicotine** (tobacco use) for at least 30 minutes.

On the day of the health screening appointment:

- Wear a shirt that is short-sleeved, sleeveless or easy to roll up over the elbow.
- Wear shoes that are easy to remove.
- Avoid wearing bulky clothing or anything that bunches at the waist.
- Review the height, blood pressure, weight and waist measurements recorded by the examiner. If you do not feel they are accurate, request a recheck at your appointment. You will be asked to initial the form (indicating you agree with the measurements recorded).
- If you are allergic to latex or have an adhesive allergy, please notify the examiner.

After your finger stick:

- Apply pressure to the site for at least 2 minutes.
- Do not lift anything heavy until you have stopped bleeding.
- Bruising may occur, so do not be alarmed. The discoloration will go away within a few days.

Sign-up for the health screening and record your appointment information on this form:

Appointment date: _____ Appointment time: _____

Appointment location: _____



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