

PREPARE FOR YOUR UPCOMING HEALTH SCREENING

1



UPDATE YOUR CONTACT INFORMATION

Ensure that your email address and phone number are current in your wellness portal to receive notifications about your health report and screening.

2



FAST FOR 8-12 HOURS

Fasting is critical for accurate results. Do not eat or drink anything besides water for 8-12 hours prior to your appointment.

3



MAINTAIN YOUR MEDICATION REGIMEN

While you're fasting, maintain your medication regimen as prescribed by your doctor. If your doctor or medications advises against fasting, listen to their recommendations and adjust your preparations accordingly.

4



DRINK PLENTY OF WATER

Stay well-hydrated by drinking 8-10 cups (64-80 oz) of water daily, starting 72 hours before and on the day of your appointment for a successful blood draw.

5



ARRIVE 5-10 MINUTES EARLY TO YOUR APPOINTMENT

Don't forget to wash or sanitize your hands prior to your appointment.



Kapnick
Strive