

## DEADLINE REMINDERS

The deadline to sign up for Onsite Screenings (February 6th & 7th at Nussbaum terminal) has passed.

Labcorp Walk-In Clinic, Marathon Health Clinic, or Personal Physician methods – must complete screening by March 13, 2026. To schedule at a Labcorp facility you must use the Offsite option in your myHC360+ app.

## PREPARING FOR YOUR SCREENING

As you prepare for your health screening, log in to your myHC360+ app to review your previous year's results and know your numbers. You will ace your screening if you follow these tips:



### Fast 8 - 12 hours before your screening

Fasting is important to obtain accurate results. Do not eat or drink anything other than water 8-12 hours prior to your screening. In days leading up to your screening and prior to fasting, try not to make drastic changes to your diet.

Talk with your personal physician before fasting if you are diabetic, pregnant, or taking any prescribed medication(s).



### Drink lots of water

Drink plenty of water the night before and the morning of your screening. Staying hydrated will help make the screening process more comfortable.



### Arrive 5 - 10 minutes early

Registration will take a few minutes before your screening appointment. Arriving early will keep things moving on time, so you can get back to your day as soon as possible.



### Relax

If you are feeling nervous or have difficulty giving blood, please tell the certified health professional. Your screening should be a positive experience, and it is important to us that you feel comfortable.



### Completely Confidential

Results of your individual screening are completely confidential. Your Protected Health Information will not be shared with your employer.

## HEALTH SCREENING

WHAT TO EXPECT AT YOUR NEXT HEALTH SCREENING.

### HEIGHT

Stand tall with your back to the height stand and shoes removed when having your height measured.

### NECK

The examiner measures the circumference of your neck, just below the larynx. If you have long hair, you may be asked to lift your hair to allow for an accurate measurement.



### BLOOD PRESSURE

If your blood pressure measures above 120/80, it will be retaken on the opposite arm after the blood draw is complete.



### BLOOD DRAW

Two samples will be taken from the inside of the elbow using the veni-puncture method. Drink plenty of water the evening prior and the morning of your screenings.



### WAIST

Place the measuring tape at your **navel** and turn 360°. Be sure to keep the tape even and close to your body for an accurate measurement.

Pregnant participants: Please note that we will still need to take your waist measurements.

### WEIGHT

Remove your shoes, any bulky clothing, and items in your pockets. Stand on the scale provided with your shoes removed and verify your weight with the examiner.



## TIPS

- Wear a short sleeved shirt and remove any clothing with tight sleeves before having your blood pressure measured.
- Don't forget to refuel! Enjoy a nutritious meal after your screening.
- Examiners will record body measurements to the nearest ¼".
- After your measurements are taken, the examiner will ask you to verify and initial measurements. At this point, you have the opportunity to have these measurements retaken prior to initialing. You will not have another opportunity to adjust the measurements after initialing.