

## 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.

 HealthCheck360

## HEALTH SCREENING

WHAT TO EXPECT AT YOUR NEXT HEALTH SCREENING.

