Thank you for signing up for a free health screening. Here is some information you need to know about the screening.

The screening takes approximately 15 minutes and includes a brief check-in with a Registered Dietitian Nutritionist.

The screening will provide information regarding your:
- Blood Pressure/pulse
- Total Cholesterol/HDL
- Body Composition
- A1C Diabetes test is available for a $10.00 charge. This screening will assess your risk for diabetes and measure your long-term glucose levels (A1C). (Bring cash or a check payable to the University of Arizona)

In order to get the most out of your screening, we recommend the following:
- Neither blood test requires that you fast – please eat your breakfast/lunch
- The blood tests are done with a finger-stick
- Drink lots of non-caffeine fluid the day before the screening and on the day of the screening.
- Please avoid caffeine as it decreases the accuracy of the body composition test. (If you can't do without caffeine please drink at least 16oz of water one hour prior to your appointment.)
- You will need your UA EIN to fill out the paperwork. You do not need your insurance card.

The department health screening includes a brief check-in with a Registered Dietitian Nutritionist. You will also be given contact information for the Nutrition/Fitness Counselors and the Employee Assistance counselor. They will be available to schedule a confidential appointment to review your results in greater detail at a later date.

Please be sure to call if your plans change, so I can find a replacement for you. If you have any questions about the screening itself, please feel free to call Life & Work Connections at 520.626-4760.

Thank you,
Department Coordinator