

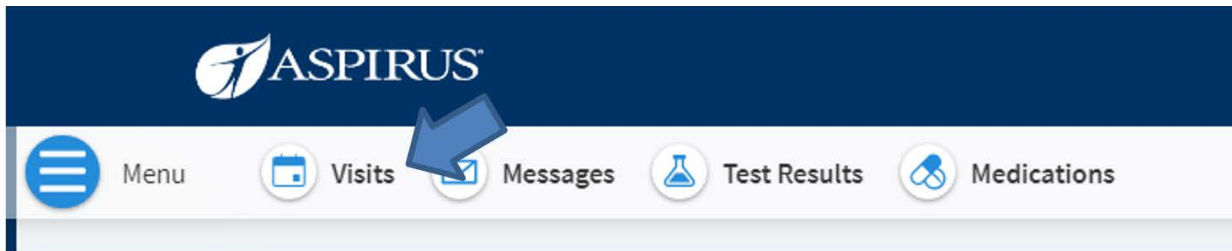
My Aspirus

Scheduling a Biometric Lab Appointment for the Aspirus Wellness Program

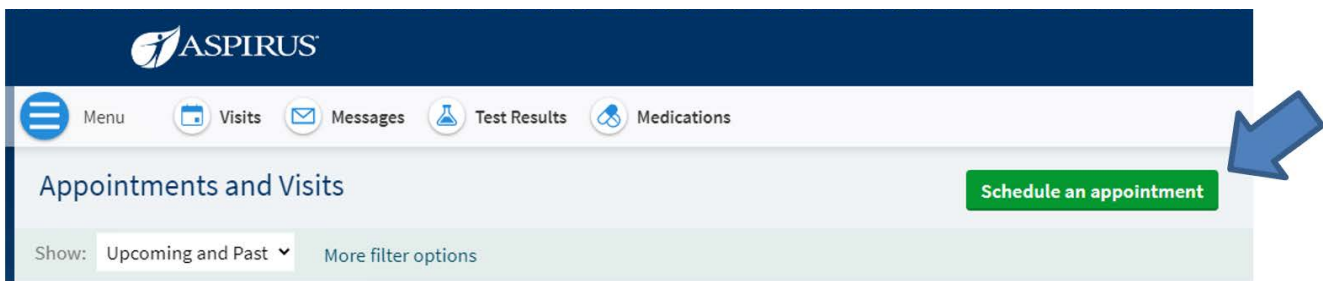
Log into your MyAspirus account:

myaspirus.org/MyChart/Authentication/Login

On your home page, choose Visits



Schedule an appointment



Click on this button option



1. Answer 2 questions
2. Select location
3. Select time
4. Click schedule it

Appointment Details 🖨️

Aspirus Employee Biometric Lab

🕒 Thursday December 28, 2023
Arrive by 12:15 PM CST
Starts at 12:20 PM CST (10 minutes)
[Add to calendar](#)

📍 Aspirus Divine Savior Hospital Laboratory
2817 New Pinery Rd.
Portage WI 53901-0387
608-745-3874

This appointment cannot be canceled online. To cancel, please call 608-745-3874.

Prepare for Your Visit
Want an earlier time? [Get on the Wait List](#)

Visit Instructions
Day of Screening Directions:

1. Required 9-12 hour fast prior to your appointment. If you chew gum, make sure it is sugar-free.
2. Drink plenty of water, at least 24 ounces within 2 hours of your blood draw. Black decaf coffee is allowed.
3. Wear short sleeves to accommodate for a blood draw.
4. Take prescribed medication.
5. Avoid vigorous exercise for at least 12 hours (this may cause you to be dehydrated).
6. Avoid alcohol for at least 24 hours. Drinking alcohol may affect your blood results.
7. Avoid caffeine and nicotine (tobacco) for at least 30 minutes prior to your appointment.