



Participant Instructions for the Jackson Energy Authority Screening Program

Your employer has arranged for a screener to come to the worksite to conduct a health screening. The screening includes height, weight, waist and blood pressure measurements and a blood sample.

Prior to your health screening appointment:

- Complete all necessary forms associated with the screening.
- **Drink at least 24 ounces of water within 2 hours of your blood draw.** The blood draw will be easier if your blood vessels are hydrated.
- **Continue taking prescribed medication**, including insulin.
- **Fast (don't eat) for 8-12 hours** prior to your screening appointment to get the most accurate results. If you chew gum, make sure it is sugar free. If you are diabetic, follow your physician's dietary guidelines.
- **Avoid vigorous exercise** for at least 12 hours (this may cause you to be dehydrated).
- **Avoid alcohol** for at least 24 hours. Drinking alcohol may affect your blood results.
- **Avoid caffeine and nicotine** (tobacco use) for at least 30 minutes.
- Male participants only - if a prostate specific antigen (PSA) test is offered, **abstain from ejaculation** for 48 hours and **avoid strenuous bicycle riding** for 3 days prior to your appointment.

On the day of the health screening appointment:

- **COVID-19 notice:** Please follow your company, local, and state mask and social distancing guidelines during your screening. We recommend masks when in close contact with individuals of unknown immune status (from prior infection or immunization). Screeners will be sanitizing all materials/equipment used in the process after each participant is screened.
- Wear a shirt that is short-sleeved, sleeveless, or easy to roll up over the elbow.
- Wear shoes that are easy to remove.
- Avoid wearing bulky clothing or anything that bunches at the waist.
- Review the height, blood pressure, weight and waist measurements recorded by the screener. If you do not feel they are accurate, request a recheck at your appointment. You will be asked to initial the form (indicating you agree with the measurements recorded).
- If you are allergic to latex or have an adhesive allergy, please notify the screener.

After your blood draw:

- Apply pressure to the venipuncture site for at least 4 minutes.
- Do not lift anything heavy until you have stopped bleeding.
- Bruising may occur, so do not be alarmed. The discoloration will go away within a few days.

Sign-up for the health screening and record your appointment information on this form:

Appointment date: _____ Appointment time: _____

Appointment location: _____