

# Prepare for Your Biometric Screening

Still need an appointment? Visit:  
[BeWellSHBP.com/biometric screenings](https://BeWellSHBP.com/biometric screenings)



Date:

Time:

Location:

Contact:

## ✓ Follow these simple steps:

- **DRINK PLENTY OF WATER** before your screening.
- **FAST FOR NINE HOURS** — Although not required, we recommend fasting for nine hours; this includes all food and drinks except for water. Not fasting may result in inaccurate blood test results. (Check with your doctor before fasting if you are diabetic, pregnant, or have medical concerns).
- **CONTINUE TAKING YOUR MEDICATIONS** as prescribed by your doctor the day of your screening (with food if necessary).
- **ARRIVE FIVE MINUTES BEFORE YOUR APPOINTMENT** to complete the registration. Your screening should take about 20 minutes
- **EARN REWARDS** — Complete your RealAge<sup>®</sup> Test and biometric screening to earn **120 points** for each activity.

[BeWellSHBP.com/biometric screenings](https://BeWellSHBP.com/biometric screenings) | **888-616-6411**

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