

How to come prepared for your Heart of New Ulm screening



In order to make your screening go as quickly and smoothly as possible, follow these 4 simple steps before you arrive:

- 1) **Print the questionnaire** – Print the questionnaire out on clean, standard office paper. Do not print it double-sided or staple the pages. Avoid any folding or wrinkling of the questionnaire. The questionnaire will be scanned automatically and read by a machine. This process may take longer if the paper is not in good shape.
- 2) **Fill out the questionnaire as directed** – Use a pencil and if you need to change an answer, erase the old answer completely. If you are unsure about a question, leave it blank and ask for assistance at the screening. The scanning process takes longer if there are extra marks on the questionnaire.
- 3) **Bring the questionnaire with you to the screening** – Note that if you forget to bring the questionnaire, new ones will be available for you to complete at the screening. This will make your screening process longer though.
- 4) **Fast for 12 hours before screening** – Do not eat or drink anything except water for 12 hours prior to your screening time. Some of the blood tests are less accurate if you have not fasted.

Other tips:

- **If you smoke, do not smoke for at least 30 minutes before screening.** Some of the tests are less accurate if you have just consumed nicotine.
- **Wear loose, comfortable clothes** (preferably short sleeves and shoes that can be easily removed). Some measures, such as blood pressure, waist circumference, and weighing, require you to move your clothing slightly (i.e., lift your sleeve for blood pressure, remove your shoes for height/weight, and un-tuck your shirt for waist circumference). Privacy screens will be used for weighing in.
- **Medications** - continue to take any medication which has been prescribed for you, unless your physician tells you not to.

If you have questions, please contact us by email: info@heartofnewulm.org; or call the Heart of New Ulm office (507) 233-1945.