

## How to Prepare for your Wellness Evaluation Appointment

You will be asked to take a health assessment prior to your appointment. This survey works best when completed in Google Chrome and will be emailed to you.

The health assessment is intended to cover all aspects of your health and well-being. For best results, please have your blood lipid and glucose information available. If you do not have these numbers you may still complete the survey. Completing the assessment takes about 30-40 minutes. The answers you provide will be used by your wellness coach to prepare for your visit and help establish individualized recommendations. On occasion, traversing back and changing answers may result in system errors. Please take the time choose the appropriate answer initially before moving on to the next question.

To access the survey you will need to use your Patient Online Services user ID and password. If you are not registered with Patient Online Services click [here](#) to register and select Create Your Account. Once you have registered with Patient Online Services, you can access the survey by selecting the above link.

Please try to report 15 minutes prior to your appointment time to allow yourself time to change and stow any gear in lockers if necessary.

### To prepare for your wellness evaluation:

- Remove all jewelry prior to the appointment
- Wear comfortable, workout clothing (should not contain any metal) with appropriate footwear
- Be well-hydrated, beginning 24 hours prior to the appointment
- Avoid eating a large meal 4 hours prior to testing
- Limit your caffeine and nicotine intake 4 hours prior to your evaluation
- Avoid exercise or strenuous physical activity 12 hours prior to the evaluation
- Avoid taking OTC medications, specifically decongestants or anti-histamines, prior to testing unless instructed by your physician
- Get plenty of rest the night before the evaluation

**Body composition will be measured by dual-energy x-ray absorptiometry (iDEXA). This uses low doses of radiation. Below are some reasons to opt out of this test:**

- Females who are, or may be, pregnant
- Currently having radioactive iodine thyroid treatment
- Participating in a nuclear medicine study or barium x-ray within last five days
- Contain large amounts of metal inside the body
- Significant arthritis of the spine

**Please note...**if you are repeating this service, please bring the mask that was utilized for your previous sub-maximal treadmill or bike test.