

Tips for a Successful/Accurate Health Risk Assessment Blood Draw

***Your Bioscreen score (0-1000 points) is based on your Cholesterol (HDL, LDL, HDL/Total Cholesterol Ratio, Triglycerides), Fasting Blood Sugar, BMI, Waist Circumference, Blood Pressure, & whether you smoke. THAT'S IT—the HRA (questionnaire) is for your information & guidance only.**

***Cholesterol levels fluctuate throughout the day, based on dietary habits. Make sure you fast 12 hours prior to the blood draw for the most accurate reading.**

***It is important to know that your cholesterol numbers can be affected by what you have eaten over the past TWO weeks. So if you 'treat' yourself once or twice a year to bratwurst or frozen custard/sweet rolls or high fat/high cholesterol foods—the two weeks before your blood draw is not the time to do it!**

***If your cholesterol is off the charts already, watching what you eat over the next two weeks will not bring your levels down to normal. If your numbers are typically within range normally, really watch your intake in those two weeks BEFORE your blood draw. IT CAN MAKE A DIFFERENCE!**

***Do not go out the night before and have a few drinks with dinner and then expect your triglycerides to be normal—they probably won't be. So please refrain from drinking alcohol that week.**

***Consuming high carbohydrate and sugary foods the night before your blood draw may affect your blood sugar and triglyceride reading as well, so watch those desserts & unhealthy evening snacks!**

***Make sure you're drinking 64 oz of water 3-5 days before your blood draw—not just the night before. Staying well hydrated is key to a one time blood draw.**