

Don't miss out on the opportunity to receive your free NHANES Health Exam!

Make a Plan

Date:

Time:

Location:

Transportation:



If you provided a cell phone number and gave us permission, we will send you a reminder text the day before your exam appointment.

CDC Representative: _____



Centers for Disease
Control and Prevention
National Center for
Health Statistics

Thank you for following these instructions to make sure our tests and your results are accurate:

1. Do not eat or drink anything except water after:

- Do not chew gum, use cough drops, or use breath mints.
- The tests for cholesterol, liver, and diabetes and pre-diabetes may not be accurate if you eat anything prior to the exam.

____ : ____ AM PM	NA <input type="checkbox"/>
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2. Take your prescription medications as directed by your medical provider.

- If allowable by your doctor, please do not take your diabetes pills or insulin before your exam. Bring them with you so that you can take them after your blood test.
- Your exam will test how well your medications are working to treat your diabetes.
- You may bring food to the exam center to have immediately after your blood test.

3. Do **not** take non-prescription vitamins or supplements before your exam.

NA <input type="checkbox"/>

4. Please leave your jewelry at home and do bring a sweater if you get cold easily.

5. Our professional staff will be available to answer any questions you may have during your exam.