

1. Introduce yourself and explain that you are calling from the Health Study or the National Health and Nutrition Examination Survey.
2. Remind SP that an interviewer made an appointment for him or her to come to the Mobile Examination Center on [DATE] at [TIME] and to please be on time.
3. Ask the SP if s/he has the appointment slip (left by the interviewer) and/or reminder letter (mailed from home office) so you can go over the instructions together.

4. **If SP is 12+, discuss the fasting requirement for the appointment slot:**

If Appointment begins:	Do not eat or drink anything other than water:
at or before 11:00 AM	8 hours before your appointment, so nothing after [TIME] on [DATE]
after 11:00 AM	3 hours before your appointment, so nothing after [TIME] on [DATE]

- Remind SP to **take all prescription medications** as instructed by his/her doctor.
- Remind SP: 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.
- Remind SP to **not take any vitamins or non-prescription supplements** during the fasting period.
- Remind SP to **not chew gum, use breath mints, or use cough drops** during the fasting period.

5. **If 3 – 5 year old SP:**

- a. When your child comes for their exam, we hope to obtain a urine specimen in the exam center to test for environmental chemicals which can be found in urine.
 - b. **Do not bring a urine specimen with you.** It needs to be collected in the exam center.
 - c. We will ask that you assist your child obtain this specimen while in the bathroom at the exam center. If you could give your child something to drink before coming to the exam, then it might be easier to obtain a specimen while in the exam center.
 - d. Any drink that you would like to give to your child is fine, and s/he can eat regular meals before coming to the exam. Food or drinks will not interfere with the laboratory tests.
6. Review the address of the MEC and make sure SP knows where it is located (Talk about Lyft/taxi pick-up if applicable, which is found on the transportation tab).
 7. Other reminders:
 - a. Ask SP to bring a sweater because the trailers are kept cold due to all the equipment.
 - b. Remind SP that there will be juice and crackers available after the blood draw, but to feel free to bring fruit if s/he needs to eat something more.
 - c. Remind SP to avoid wearing jewelry.
 8. Answer any questions SP has, thank SP, and say goodbye.