



Wellness Screening Spring 2012: February 20-24, 6 -10 a.m.
PLEASE READ THE FOLLOWING CAREFULLY

1. Fast for 10 hours

- If you have elected to participate in the blood tests, an overnight fast is required. Please do not eat or drink anything other than water 10 hours prior to your screening.
- Fasting ensures a much more accurate evaluation of your blood cholesterol and glucose levels.
- Continue to take prescription medication with food if required.

2. Abstain from exercise the morning of your screening

- If you have elected to participate in the blood analysis assessment, please abstain from exercise the morning of your screening. Avoiding exercise before your screening ensures a more accurate blood analysis.

3. Wear a short-sleeved shirt and loose comfortable shorts/pants

- If you have elected to participate in the blood pressure, waist/hip ratio & body mass index, muscular endurance, and flexibility (low back) assessment(s), please wear a short-sleeved shirt and loose comfortable shorts/pants. Wearing appropriate clothing ensures a more accurate and timely analysis.

4. Please be on time

- Wellness Screening appointments are scheduled every 10 minutes in order to provide the best service to all participants. One late arrival can extend the screening time for the remainder of the participants.

5. If you must cancel or change your appointment, please give at least 24 hours notice

- Go to the Screening Registration System at: <http://www.semo.edu/it/wellness/signin.asp> to cancel or change your appointment.

6. Breakfast will be provided

- A healthy breakfast of bagels, fruit, juice, coffee, or like items will be provided and available after you complete the screening.

7. All screening fees are due at the time of service

- If you are not a member of Southeast's health insurance plan, or choose to pay out of pocket, a billing statement will be mailed to you prior to your screening appointment.
- Payment methods include check, Student Charge (Southeast students only), or University Charge (Southeast employees only). Exact payment is required.
- If paying with check, please make payable to Southeast Missouri State University.
- No cash can be accepted.
- NO DEBIT/CREDIT CARD PAYMENT WILL BE ACCEPTED (Including a debit card from Medical Reimbursement Accounts and/or Health Savings Accounts).
- We cannot accept a debit card from Medical Reimbursement Accounts and/or Health Savings Accounts. A receipt indicating what services are paid for by a participant will be provided for insurance reimbursement purposes. Please contact your health insurance provider for their reimbursement process, if applicable.

8. Parking

- Parking will be available from 5:45 to 10 a.m. during the Wellness Screening in the 5-1 lot (Multi-Modal Transfer Facility - west side of the SRC-North) and 5-3 lot (South side of the Show Me Center). Disabled parking is available on the west side of the Student Recreation Center – North near the main entrance.

9. Wellness Screening Location

- The Wellness Screening will be held at the Student Recreation Center – North, Group Fitness Room (Rm. 202) and Multipurpose Room (Rm. 201), located on the 2nd floor. An elevator will be available for access.

10. Appointment Confirmation

- You received an E-mail confirmation of your appointment time and date when you registered online. An E-mail reminder will be sent to you the week prior to the Wellness Screening.