

Biometric Screening Guidelines

The screenings will consist of the following:

- Total Cholesterol, HDL Cholesterol and Glucose (Blood Sugar) for all participants, as well as LDL Cholesterol and Triglycerides for fasting participants. The screening process involves a simple finger-stick test to obtain a blood sample. You will receive your screening results in less than 6 minutes.

Fasting is defined as nothing to eat or drink except water for at least 8 hours. You should drink water and take your medications as prescribed. If you forget to fast, or choose not to, you may still participate, however we will be unable to provide you with your LDL Cholesterol or your Triglyceride results as both of these tests require fasting.

- Blood Pressure: This test involves a manual measurement for systolic & diastolic blood pressure.
- Body mass index (BMI): a measure of body fat based on height and weight.
- Waist circumference: A measure of the distance around the abdomen.
- Cotinine Test: Oral swab test used to detect tobacco usage

Please review the following screening instructions:

Please remember to fast if you are interested in receiving your LDL and Triglyceride results.

Also please drink plenty of water prior to testing as it will assist in the recovery of the blood sample.