



Dear Biometric Screening Participant,

Please follow the directions below to register for your company's Biometric Screening.

1. Please CTRL Click on the link below or paste into your browser or scan the QR code.

<https://www.signupgenius.com/go/10C0C44AEA62FABF8C07-bdmedical2>

2. From the list provided, click on the date that we will be at your location.

3. Choose a time

4. Click on "**Sign up now**"

5. Fill in the required information and click **Confirm Appointment** at bottom of page.



You will receive an email from Time Center confirming your appointment date and time.

If you need to cancel or reschedule your appointment you must do so 24 hrs in advance - follow the instructions at the bottom of the confirmation email.

**** Please Note :This web-based scheduler closes 24 hours before each date -- please select or reschedule your appointment 24 hours in advance.**

Screening Tips

Please follow these instructions in order to get the best results possible:

1. Fasting is recommended but not required. If you do not fast please limit your meal to steamed vegetables and lean meats. If you choose to fast please do not eat or drink anything except water and your medications 8-12 hours before your appt. If you must take your medication with food please eat only ½ apple or orange, ¼ banana or 1-2 stalks of celery.
2. When registering at the event please clearly print your full legal name on the sign in sheet.
3. Please refrain from using lotion on your hands it may affect your results.
4. Drink plenty of water the day before the screening.
5. Use the restroom before the screening. Having a full bladder can increase your blood pressure.
6. Please wear loose fitting clothing or a tee shirt if possible.
7. Take your time, do not rush to the screening. This can cause an increase in Blood Pressure.
8. When having your blood pressure measured please remember to sit nice and tall with your feet flat on the floor. Do not talk while the measurement is being taken.
9. The finger stick is a virtually painless process, but following these steps can make it even more enjoyable. Drink plenty of water. If you have cold hands washing them in hot water before the screening can help to increase the blood flow.

Rest assured your information is 100% confidential and will not be shared with anyone.

Yours In Health,
The Synergy Wellness Team