



The Forsyth County Wellness Program uses a Health Risk Assessment (HRA) tool called *Biosignia*. This “Know Your Number” (KYN) tool will help you focus on behavior changes that can minimize your risks for developing chronic conditions. This tool incorporates the most up to date evidence-based clinical research and analyzes risk stratification and reports a “Know Your Number” score based on your lab results, your biometric screening measurements, and the answers to your HRA questionnaire.

It is recommended that you fast for 8 hours but a minimum of 6 hours is **required** to ensure an accurate KYN score and risk stratification analysis. Please refer to the chart below for guidance as to when you should eat in relation to your appointment time in order to fast.

<b><u>FASTING GUIDELINES</u></b>	
<b>Fasting: Nothing to eat or drink 6-8 hours prior to your blood work</b> <b>Exceptions to this include: water and black coffee only</b> <b>Suggested Guideline for Fasting is 6-8 hours prior to appointment time</b>	
<b>APPOINTMENT TIME</b>	<b>DO NOT EAT OR DRINK AFTER THE TIME BELOW ON THE DAY OF YOUR APPT</b>
7:00 am	1:00 am
7:15 am	1:15 am
7:30 am	1:30 am
7:45 am	1:45 am
8:00 am	2:00 am
8:15 am	2:15 am
8:30 am	2:30 am
8:45 am	2:45 am
9:00 am	3:00 am
9:15 am	3:15 am
9:30 am	3:30 am
9:45 am	3:45 am
10:00 am	4:00 am
10:15 am	4:15 am
10:30 am	4:30 am
10:45 am	4:45 am
11:00 am	5:00 am
11:15 am	5:15 am
11:30 am	5:30 am
11:45 am	5:45 am
12:00 pm	6:00 am
12:15 pm	6:15 am
12:30 pm	6:30 am
12:45 pm	6:45 am
1:00 pm	7:00 am
1:15 pm	7:15 am
1:30 pm	7:30 am
2:00 pm	8:00 am

(Over)

2:15 pm	8:15 am
2:30 pm	8:30 am
2:45 pm	8:45 am
3:00 pm	9:00 am
3:15 pm	9:15 am
3:30 pm	9:30 am
3:45 pm	9:45 am
4:00 pm	10:00 am
4:15 pm	10:15 am
4:30 pm	10:30 am
4:45 pm	10:45 am
5:00 pm	11:00 am
5:15 pm	11:15 am
5:30 pm	11:30 am
5:45 pm	11:45 am
6:00 pm	12:00 pm
6:15 pm	12:15 pm
6:30 pm	12:30 pm
6:45 pm	12:45 pm
7:00 pm	1:00 pm