



Starting this year, Forsyth County will be providing the Wellness Program in partnership with Wake Forest Baptist Health, which uses an evidence-based Health Risk Assessment (HRA) and biometric screening platform called Applied Health Analytics. Following the completion of your HRA and screening, you will receive a full report of your results and risk assessment in the mail, and you will also be able to download your report from the online Personal Health Portal. This report will help you to understand your numbers and to focus on behavior changes that can minimize your risks for developing chronic conditions.

It is recommended that you fast for 8 hours before your biometric screening appointment time but a minimum of 6 hours is required to ensure accurate results. Please refer to the chart below for guidance on when you should eat in relation to your appointment time in order to fast.

**PLEASE NOTE THAT MEDICATIONS AND WATER ARE PERMITTED WHILE FASTING.**

<b>FASTING GUIDELINES</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