

## **CareToday Urgent Health AISD Wellness Screens for 2018**

CareToday Urgent Health (CTUH) will conduct wellness screens for employees of the Amarillo Independent School District and their spouses at the following clinic locations:

Bell Street Clinic  
3440 Bell Street, Suite 122  
Amarillo, TX 79109  
806-379-9225

Grand Street Clinic  
3300 I-40 East, Suite 400  
Amarillo, TX 79103  
806-379-8552

These tests will consist of a Cholesterol test with Lipids that will provide results for High-Density Lipoprotein (HDL or “good” cholesterol), Low-Density Lipoprotein (LD or “bad” cholesterol), Triglycerides and Glucose (blood sugar) levels. We will also measure the employee’s BMI (Body Mass Index) and Blood Pressure. In addition, we will conduct a urine analysis for nicotine.

Employees should schedule an appointment for testing by going to the **CareToday Urgent Health Web Site** or on their **mobile phone** (please see attached instructions). **It is important that employees arrive no sooner or later than 10 minutes prior to their scheduled time.** This will allow the medical staff to maintain an efficient flow of patients through the process with a minimum amount of delays.

Delays in processing patients through the tests occur generally when we have difficulty drawing blood, high blood pressure, inability to produce a urine sample, etc. If the employee has difficulty with blood draws they should address these issues individually and privately with the phlebotomists or nurse in the exam room. We want to make every effort to make the employee’s experience as comfortable, timely and efficient as possible.

**Employees should be reminded that to be tested for cholesterol, they must fast.** They should not eat any food or drink any beverages, **OTHER THAN WATER**, at least **eight (8) hours** before their scheduled appointment.

**Employees should take their normal morning medications, such as blood pressure, cholesterol, diabetic meds, etc., (unless it requires food) before coming to their scheduled appointment.**

If their medicine requires they take it with food, we will work with them to get the cholesterol testing done and then allow them to eat before completing the remainder of the tests. Not taking cholesterol medicine before testing should not have any immediate impact on their test results.

Drinking coffee, energy drinks, smoothies, etc. in the morning is discouraged as any beverage other than water will negatively impact the test results. Remember to **DRINK LOTS OF WATER** and **TAKE ANY MORNING MEDICATION**.

**Being well hydrated reduces the overall testing time, makes it easier to draw blood, assist with blood pressure and will allow for the production of urine for nicotine testing.** Lack of hydration leads to inaccurate test results and contributes to increased time spent in the clinic to complete tests.