

Tip Sheet for BHS Services

Please review the service that your employer has checked so that you can prepare for your appointment at Legacy Business Health Services. The tips are to keep you, and our staff, safe during testing.

FOR ALL SERVICES

- **REMINDER: A PHOTO ID IS REQUIRED AT THE TIME OF THE APPOINTMENT**
- **NO** copies, scans, or phone photos of the ID.

PHYSICAL DEMANDS TESTING

- Wear clothing appropriate for physical activity including **closed**-toed shoes.
- Eat a light meal at mealtime prior to the appointment.
- Be well hydrated.
- Avoid energy drinks on the day of testing.
- The test will be about 30-45 minutes, depending on the testing requirements for a specific business, excluding any other testing that is to be done.

SPIROMETRY TESTING

- Do not eat a big meal 3-5 hours before the appointment (a small meal is ok) otherwise the appointment may need to be rescheduled.
- Do not smoke/vape/chew, or drink caffeinated beverages, at least 5 hours prior to the appointment, otherwise the appointment may need to be rescheduled.
- Do not drink any caffeine prior to the appointment as it may produce a higher blood pressure result. If the blood pressure reading is higher than 140/90, the appointment may need to be rescheduled.

RESPIRATOR MASK FIT TESTING

- A clean-shaven face is **REQUIRED**.
- Bring the mask to be fitted.
- Do not smoke/vape/chew for 3-5 hours prior to testing.
- Do not drink or eat anything except water 3-5 hours prior to testing.

URINE DRUG SCREEN - Be well hydrated prior to the appointment.

VISION TESTING - Wear glasses or contacts that are normally worn.

HEARING TESTING - Clean your ears to avoid rescheduling due to ear cleaning by the clinic.

