

2020-2021 BIOMETRIC SCREENING VOUCHER

Instructions:

1. Call one of the Aspirus Business Health locations listed below to schedule your appointment before your deadline.
2. Print this voucher to give to Aspirus staff at your biometric screening appointment. The voucher is your order for screening tests & confirms that you are eligible to participate.
3. Day of Screening Directions:
 - a. Must wear a mask to your appointment.
 - b. Upon entry to the building, you will be checked for COVID-19 symptoms and have your temperature taken.
 - c. Required 9 hour fast prior to your appointment. If you chew gum, make sure it is sugar-free.
 - d. Drink plenty of water, at least 24 ounces within 2 hours of your blood draw. Black decaf coffee is allowed.
 - e. Wear short sleeves to accommodate a blood pressure cuff and blood draw.
 - f. Take prescribed medication.
 - g. Avoid vigorous exercise for at least 12 hours (this may cause you to be dehydrated).
 - h. Avoid alcohol for at least 24 hours. Drinking alcohol may affect your blood results.
 - i. Avoid caffeine and nicotine (tobacco) for at least 30 minutes prior to your appointment.

Aspirus is dedicated to keeping our staff & patients safe, if you are experiencing flu or COVID-19 symptoms the day of your appointment stay home & please call: **Aspirus COVID-19 Call Center: 1-844-568-0701**

DETAILS	
Employee/Spouse Name:	
Company Name:	Wausau School District
Authorization:	Tabatha Gundrum Director of Human Resources
Deadline Date:	2/28/2021
Screening Includes: Height, Weight, Blood pressure, Waist circumference, and a 9 hour fasting venipuncture blood draw for TSH (thyroid), Hemoglobin A1C (sugar) and Lipid Panel (Total Cholesterol, HDL, LDL, and Triglycerides).	

CALL ONE OF THE ASPIRUS BUSINESS HEALTH LOCATIONS BELOW TO SCHEDULE YOUR APPOINTMENT

Wausau 425 Wind Ridge Dr Wausau WI 54401 Ph: 715.847.2812 Hours: M-F 8am-4:30pm	Stevens Point 5409 Vern Holmes Dr Stevens Point WI 54482 Ph: 715.342.1185 Hours: M-F 7:30am-4pm	Rhineland 2275 North Shore Dr Rhineland WI 54501 Ph: 715.361.5482 Hours: M-Th (By Appointment Only)	Hurley 501 Granite St Hurley WI 54534 Ph: 906.932.7629 (By Appointment Only)
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Antigo 112 E 5 th Ave Antigo WI 54409 Ph: 715.623.9464 Hours: M-F 7am-5pm	Medford 103 S Gibson St Medford WI 54451 Ph: 715.748.8128 Hours: M-F 8am-4:30pm	Wisconsin Rapids 410 Dewey St Wisconsin Rapids WI 54494 Ph: 715.421.7960 Hours: M-F 7:30am-4pm
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*Scheduling in advance at **Aspirus Business Health** locations listed above will help assure your personal health insurance carrier is not billed.