

UPMC PRE-EMPLOYMENT HEALTH ASSESSMENT INFORMATION

What is the purpose of a pre-employment health assessment?

The purpose of the health assessment is to determine whether you are medically and physically able to perform the essential job functions of the position you have been offered, and also provide you with some baseline information about your health.

What will my assessment consist of?

- A general health screening that includes measures such as height, weight, and blood pressure.
- A blood draw to check glucose and lipid levels (which includes total cholesterol, triglycerides, HDL, and LDL). The lab work may also check for immunizations and TB infection depending on the job position.
- Urine Drug Screen
- A review of the medical questionnaire (which is attached for your convenience to complete, if possible, prior to your scheduled appointment).

A TB test and/or influenza vaccination may be required depending on the questionnaire responses, job responsibilities and/or work environment of the position.

How should I prepare for my pre-employment health assessment appointment?

It is recommended, but not required, you fast 8-10 hours prior to the pre-placement evaluation to obtain accurate glucose and lipid levels for the blood draw. Refraining from consuming food or drinks (with the exception of water and black coffee) will provide more accurate results.

A couple other points to consider:

- The fasting lab work is primarily for educational purposes, so if you have a health condition (i.e. diabetes, etc.) and/or taking medication where fasting is not advisable, then please do not fast prior to your appointment.
- Be sure to take your usual medications on the day of your appointment, unless instructed otherwise.
- It is important to drink plenty of water to stay hydrated when fasting; being well hydrated also makes the blood draw easier.
- The influenza vaccination is mandatory for UPMC employees involved in patient care or working within a clinical facility. If you have not yet obtained an influenza vaccination for this flu season you will be required to receive one at your appointment, unless exempt due to medical or religious reasons.

What do I need to bring with me to my pre-employment health assessment appointment?

You will need to bring the following items with you on the day of your appointment:

- Photo identification
- The completed pre-placement questionnaire, including a list of any medication(s) you may be taking
- Documentation such as the location and date influenza vaccination was administered if previously received.

Can children come with me to the pre-placement evaluation?

No, the employee health offices are not equipped to provide childcare and children are not permitted to accompany you into the evaluation room. Please plan childcare accordingly prior to your evaluation.