



Health Screening during Covid-19

We have made some adjustments to our usual Health Screen Process to take into consideration COVID-19. Please read this in conjunction with our general guidelines for Health Screening (attached).

Before your appointment

You may already have been asked some questions by our customer services team in relation to your risk of having Covid-19. When the examiner contacts you, they may also ask you questions to assess your risk. We appreciate you may be asked the same questions more than once and we thank you for your patience and understanding.

During the appointment

- The examiner will be wearing PPE (Personal Protective Equipment) when they visit you (normally consisting of a combination of a mask/apron/gloves)
- They may also ask you to wash your hands and arms (if taking blood or blood pressure) prior to the examination
- Please keep inside doors open so the examiner can move freely without touching anything
- If you have a private outside space this, would be the best place for the screening to take place.
- If the screening is taking place indoors, please open the windows to increase ventilation
- Avoid having any other people in the same room unless essential
- The examiner will have cleaned any equipment they use prior to the visit
- Please observe the Government guidelines on safe social distancing
- When the examiner needs to come closer for the examination and testing, please face away from them as much as possible
- If urine tests are required, the examiner will not handle the sample (unless it needs to be sent to the lab) but will give you the test strip and explain what to do

After the appointment

We suggest you wash your hands again for 20 seconds with hot water and soap.

MEDICAL SCREENINGS - What to expect & what to bring along

Your Medical

Your insurance company has asked us to arrange a medical for you. Appointments last about 30 minutes depending on the information required.

The medical examiner will ask you questions about your medical history and those of your direct family members. If you take any medication it would be useful to have the details with you.

An examination may be required and various measurements will be taken including your height, weight and blood pressure. Blood, urine and saliva tests may also be required.

Blood Tests

If you need a blood test, the examiner will clean the area.

You may feel a sharp scratch initially and the procedure usually takes less than one minute.

Pressure must be applied with gauze or cotton afterwards to stop any bleeding and reduce the risk of bruising. If required, a plaster will be applied.

Please inform the examiner if you are at all worried or nervous about having the test or allergic to plasters. For about an hour after the appointment, please try to keep your arm slightly raised and avoid any heavy lifting or excessive movement.

Urine Tests

If a urine test is required, the examiner will provide a sample pot for you to use. The sample will be tested using a dipstick and may be sent to the lab. Otherwise, it should be disposed of by pouring away down the toilet.

Saliva Tests

If a saliva test is required, the examiner will provide a mouth swab. The swab should be chewed for about 60 seconds and then put into a test tube. The sample is sent off for testing.

Prior to the Appointment

To ensure the smooth running of your screening appointment, please:

- *Follow any fasting periods you have been advised of. Drink plenty of water the evening before and day of your appointment.*
- *Have two forms of ID available, including one photo ID.*
- *Have a list of any medications you may be taking.*
- *Have your GP details to hand.*
- *Wear clothes with loose fitting sleeves or sleeves that can be rolled up so your blood pressure and any blood tests can be taken easily.*



Bruising

The examiner will take your blood sample with the utmost care, however sometimes you may get a small lump or bruise, even if this hasn't happened before.

Some medical conditions such as a bleeding disorder or medicines, such as aspirin and warfarin, can increase the risk of bruising. If you suffer from a condition or take medication that can increase your risk of bleeding, please let your examiner know.

Most bruising is minor and generally occurs around the area the blood was taken from.

Bruises are normally harmless and fade soon after the appointment.

If you do develop a bruise, a cold compress or ice wrapped in a cloth can help reduce the symptoms.

Seek medical advice if you experience any of the following symptoms:

- *Increasing or severe pain or inflammation.*
- *Pins and needles or a feeling of numbness in your arm, hand or finger.*
- *Swelling is not improving.*
- *Your arm feels cold or is pale.*

Following the appointment

Square Health will forward all the details of the medical and any test results to your insurance company. Any queries relating to the results or your policy should be directed to them.

Contact Information

If you have any further questions regarding your medical, please feel free to contact us using the details in the letter from us or:

Tel: 0345 140 3000
Email: info@squarehealth.com
Office hours: Monday to Friday 09:00 - 17:30

Please have your six digit reference number to hand.

