

# Important information for participants

## **Privacy**

The Health Check results are strictly confidential and will be treated as such. They are covered by medical confidentiality. The Health Check results will be provided to UT in the form of a group report. Individual results will not be disclosed. You will personally receive the results after your final consultation.

## **Prior to the Health Check**

- You will receive a confirmation email after registration. This will include a calendar appointment invitation. Once you accept this, the appointment will automatically appear in your calendar.
- Bring sportswear for the cycling test.
- A urine test will be conducted during the biometrics section. Please bring along a urine sample for the biometrics section. Preferably, the urine should not be unrefrigerated for > 2 hours. The medium in which it is transported should be clean.
- You do not need to be sober for the urine and blood tests.
- Do not consume any alcohol for 12 hours prior to the Check-up.
- Do not engage in strenuous physical activity for 6 hours preceding the Check-up.
- Do not consume coffee or tea for 2 hours preceding the Check-up.
- Do not smoke for 2 hours preceding the test.
- Do not run or cycle vigorously to the Check-up
- Arrive in good time (approximately 5 to 10 minutes before your appointment). Report to the special desk in the central lobby of the Sports Centre. You will receive a short questionnaire that you need to complete before your Health Check.

## **During the Health Check**

- List your medications on the questionnaire you receive at the start
- If you have been sick in the weeks preceding the examination, please inform the doctor during the biometrics section.
- You can change and shower at the Sports Centre.
- After the Health Check, you can register for follow-up interventions if so desired.

## **Unable to attend?**

- If you wish to reschedule your appointment before 30 December, send an email to [gezondensterk@utwente.nl](mailto:gezondensterk@utwente.nl). After cancellation of the appointment, it is up to you to schedule a new appointment via the website.



- If you wish to cancel the Health Check appointment in the preceding period, send an email with your name and the date+time of the appointment to [gezondensterk@utwente.nl](mailto:gezondensterk@utwente.nl)
- If you are unable to attend on the day itself (due to illness, etc.), you are obliged to inform us by telephone on [053-4892942](tel:053-4892942).