

STRESS & HEALTH STUDY PHASE 13 MEDICAL EXAMINATION

IMPORTANT INSTRUCTIONS FOR PARTICIPANTS

If you have dementia, Alzheimer's or a form of mental incapacity

- If you have dementia, Alzheimer's or an illness that effects your mental capacity, you will need to ask a relative or friend to accompany you at the medical examination. Please let us know in advance of your appointment if you have any of these illnesses. You will not be able to take part in the medical examination if you are not accompanied.

Have you developed any symptoms of Coronavirus?

- If you have developed any of the main symptoms of Coronavirus, since your appointment was made, please notify the nurse who will reschedule your visit accordingly. The main symptoms include:
 - A high temperature
 - A new, continuous cough
 - A loss or change to your sense of smell or taste

Eating, Drinking & Taking Medication

- Do not eat anything 2 hours before your appointment. If you have diabetes or are on treatment for diabetes, please follow your normal diet.
- Take your medication as usual.
- It is very important for you to drink a minimum of 1 glass of water on the morning of your appointment. Drinking water will make for a smoother blood draw. The more water you drink, the plumper your veins becomes, making it easier for the phlebotomist to locate your veins and take the blood.
- Do not smoke on the morning of your appointment.

Exercise

- Refrain from strenuous exercise for at least 12 hours before your appointment.

If you have diabetes or are on treatment

- Follow your normal diet and take your medication on the day of your appointment.

Health Survey Questionnaire & Update of Details Form

- Complete both the Health Survey Questionnaire and Update of details form before the nurse visit

Other Details

- Please wear loose clothing (separates) on the day of your appointment.
- For one part of the screening, about ½ an hour, it would help if you were able to sit quietly without any disturbance. The nurse will tell you when this is about to start.
- If possible, please have a table and chair available.
- All nurses will be wearing personal protective equipment (PPE) whilst conducting the visit in your home. This is to protect both you and the nurse against possible COVID-19 Infection.

ALL INFORMATION WILL BE KEPT STRICTLY CONFIDENTIAL

Thank you for your assistance with the Stress and Health Study