



Wave VI Home Exam Prep Checklist

After you schedule your appointment with an ExamOne examiner, you should expect to receive reminders 72 hours and 24 hours before the day of your exam. There are a few important items that you should locate and have prepared before the day of your home exam.

To help you keep track, see the following checklist of everything you will need to have ready:

- Locate a form of identification (ID) to be used by your examiner to verify that you are an Add Health participant.
- Find all labeled bottles for any medications you take regularly. Your examiner will ask for these bottles during the exam.
- Fast, or refrain from eating, for 9 hours prior to the start of the exam. Drink only water and take necessary medications.

If you have questions regarding the home exam, you can call us at 1-844-509-2835 or email us at ah_info@cpc.unc.edu.



What to Expect During the Exam

The home exam will take less than an hour, usually around 45 minutes. This includes time for the ExamOne examiner to introduce themselves and explain the home exam, answer any questions you may have, ask you some questions about your recent health and medication use, and take health measurements and a blood sample. For your participation in the home exam, you will receive a \$100 gift card and results from your health measurements and from some of your blood tests.

Health History

The ExamOne examiner will ask you questions about chronic health conditions as well as recent illnesses and infections. They will also ask about your vaccination status for COVID-19 as well as for information about any special diet you might be following. You may skip/decline any questions.

Measurements

The ExamOne examiner will measure your blood pressure while you are in a seated position, using a cuff that fits your arm. Blood pressure measurements will be taken a few times in a row to make sure the reading is correct. They will also measure your pulse. The examiner will measure your height, waist circumference and weight while you are fully clothed. After the measurements are complete, the examiner will share results with you if you would like. At the end of the home exam the examiner will also give you a Cardiovascular Health sheet containing your blood pressure results and your level of risk for certain heart-related conditions.

Blood Draw and Blood Tests

The ExamOne examiner, a trained and certified phlebotomist (professional who performs blood draws), will use a fine needle to collect about 2 tablespoons of blood from your arm. Your blood sample will be split into a set of 5 tubes and sent to our research lab for tests related to your health. These tests include looking at markers for various health conditions including indicators of cardiometabolic functioning, inflammation, infection and cognitive wellness.

How Will Information About You be Protected?

You will not be named in any study reports or publications. Every effort will be made to keep records private. There may be times when federal or state law requires release of records, including personal information. This is very unlikely. UNC-Chapel Hill will take all legal steps to protect your personal information. To help ensure your privacy, Add Health has a Certificate of Confidentiality, which was described in the consent information for the Wave VI survey. Add Health uses only IDs to label your data and blood sample. Linkages between these IDs and your identifying information are kept under strict security protocols on specialized servers. Add Health uses several layers of security to protect your identity and confidentiality.