

# Pre Test Information and Consent

## Corporate Bookings



# Agilitas Sports

**Thank you for your booking request. We look forward to meeting you and helping you with your health and fitness goals.** Please provide the following details for us to set up your screening:

First Name		Second Name	
Email Address			
Date of Birth		Age on screening date	Gender
Are you in the early stages of pregnancy? (if 'yes' we are unable to use our bio impedance equipment)		Yes / No	
Are you fitted with a pacemaker? (if 'yes' we are unable to use our bio impedance equipment)		Yes / No	
Do you have any skin allergies that would affect us using antiseptic wipes or sticky electrode pads?		Yes / No	
Please sign to confirm you have understood this information and give your consent for testing			

For best test results you should not:

- Eat or drink for 4 to 5 hours prior to testing (other than water)
- Undertake any vigorous exercise in the 12 hours prior to the test
- Drink alcohol or caffeine in the 24 hours prior to the test

If you are having a blood glucose test as part of the full health screening you should not eat for 8 hours prior to the test for an accurate non-fasting test score. If this is not possible because of the time of your appointment please leave the longest possible fasting time for best results.

We recommend a short sleeved top or a top with thin material to allow us to put a cuff around your upper arm for blood pressure testing. Please don't wear tights (unless footless) as we need to put electrodes directly on one foot/ankle.

**The results provided are for general information only and should not be treated as a substitute for the medical advice of your doctor or any other health professional**, nor should it be used to prescribe, diagnose or treat a health problem or a disease. We always recommend that you consult your GP if you are concerned about your health.

**Your permission to perform these tests and participate is voluntary and you are free to discontinue at any time.**

We store the test results in a confidential manner adhering to GDPR regulations. We will never sell or transfer your data, and we only use this data to provide you with an overview of your health screening report, plus also to show comparisons for each test in future years (if applicable). Please email If you would like us to remove your data from any of our systems.

69 Casterton Road, Stamford, Lincolnshire PE9 2UB

Tel: 07775 653297 email: [agilitassports@gmail.com](mailto:agilitassports@gmail.com)

web: [www.agilitassports.com](http://www.agilitassports.com)

Agilitas Sports Ltd Registered in England 07665011 Vat Registration 213 2627 44