

Find the
hero
in you.™



United Blood Services
www.UnitedBloodServices.org

Save Time, Save Lives! Complete your Fast Track Health History online

Saving lives is easier—and faster—when you complete your Fast Track Health History questionnaire online the day of your donation. Using the Fast Track is almost 20 minutes quicker than having us ask the medical/behavioral questions. And, it's more private because you can complete it in the comfort of your home or office using your own computer or mobile device (smartphone or tablet).

To begin the Fast Track Health History questionnaire (on the day you donate), click on the link in your appointment reminder email or go to our website: **www.UnitedBloodServices.org**.

We can accept a Fast Track Ticket from most mobile devices (smartphones or tablets) as long as our staff can scan the barcode from the ticket on your device. Simply go to **www.UnitedBloodServices.org** (or click on the link in your reminder email) on your mobile device to complete the questionnaire and bring the device with you when you donate.

Or, use your computer to complete the questionnaire and print and bring the Fast Track Ticket with you (sample at right). You may also use our computer to complete your questionnaire.

Important tips:

- The questionnaire **must be completed on the day of donation**. A ticket with any other date cannot be accepted.
- When you begin, enter your first and last name exactly as it appears on your donor ID card or in your appointment reminder email. Your name on the Fast Track Ticket must exactly match what we have on record in order for us to accept your ticket.
- Your answers cannot be saved and the questionnaire must be completed in one sitting.
- Our staff will scan the barcode on your ticket or device, review the answers, take your blood pressure and other vitals, and make sure you're able to donate.

Remember, when you make an appointment (at least a day or more before your donation), we'll send you the link to the online Fast Track Health History in your donation appointment reminder email. It's easy...and it saves time while you saves lives!


**Questions about the Fast Track Health History questionnaire?
See one of our staff members when you come in to donate or call us
1-877-UBS-HERO (827-4376)**

This is Your Fast Track Ticket
(Please print the information to the right on your device)

Donors have to fill out a questionnaire to get through the donation process faster. We are committed to respecting your time while ensuring a safe blood supply for the patients in your community. We're working on new systems and processes to help speed things up. Here's how you can help.

1. Bring personal identification. We prefer ID that has your picture and full name. Some acceptable forms of ID include Driver's License, Motor or School ID (with picture and full name) or Passport. Bring along your Blood Donor Card which will help get you through the registration process quickly. If you don't have one, please ask our staff for one for you.
2. Bring a list of all countries (and cities/towns) you have visited (and dates) in the past 12 months and be the same for all European countries you've visited since 1990.
3. Wear a top with loose fitting sleeves (preferably short sleeves) so that we can appropriately check your blood pressure and check for the best vein to use to collect your blood.
4. Be sure you are well hydrated and try to eat a healthy low-fat meal before your donation. After you give, plan to stay in the refreshment area for 15 minutes. If/If you are there, drink at least 10 ounces of water, a sports drink or other beverage and eat a salty snack. When you donate blood, your body loses about 10 ounces of fluid and a gram (1/2 tsp) of sodium. Replacing the fluid and sodium will help you feel good the rest of the day.

Last name:
First name:
Gender: female
Date of birth (MM/DD/YYYY) format: 01/02/1989



Thank you for finding the hero in you as a volunteer blood donor.