



Elite Evaluation Day Details

Blood Draw

Ideally, your blood draw will be performed 2 to 4 weeks prior to your evaluation. There are numerous locations nationwide to have your blood drawn.

Elite Health & Nutrition Questionnaire, Quality of Life Questionnaire, Par-Q, Pretest Exercise Instructions, and Lunch Menu

Please complete all documents and forward them back to us via fax at 937.886.5126. The Clinical Team needs this data to be completely prepared for your day with us.

Attire for your Evaluation Day

Exercise clothes should be worn. Please bring along shorts and a form-fitting top for Optional Baseline Photographs. Please avoid garments with metal zippers or metal accents to ensure proper results of the bone densitometry diagnostic exam.

Gourmet Healthy Food

Lunch will be served mid-day. Your menu selection will be provided at the beginning of the day. Healthy snacks will be available throughout the day. Please be sure to eat breakfast before your arrival.

Evaluation Day

Your Evaluation Day at Renue Health will last approximately four hours. Please note your scheduled arrival time on the confirmation we have enclosed. **It is important that you arrive at the Institute on time.**

The Renue Health Team wants to spend the necessary time to meet your personal needs. When creating our daily schedule we allow extra time for extended consultations. At times you may spend a few moments between sessions in your private VIP Room. We suggest you bring material with you to read during any possible waiting period.