

Again, congratulations on your decision to join us at ORNL.

We have everything set up for your “fasting” physical examination. Fasting requires that you not eat anything after midnight on the day prior to your visit.

You may drink water or black coffee and take any prescribed medications. If you smoke, refrain from smoking at least one hour before your appointment. If you are an insulin-dependent diabetic, eat your regular morning meal and take your insulin as usual.

In preparation for your visit please complete the two forms on this site:

- 1) Medical History form
- 2) Emergency Contact Information

Bring these completed documents with you when you report for your physical examination. You should be able to complete these forms online prior to printing. The additional attachment for your review describes the laboratory tests and clinical procedures conducted during your pre-placement evaluation.

Also, **please bring your social security card and birth certificate with you.** We will copy these documents and return them to you immediately.

Please be aware of our security requirements. All hires will be met at the Visitor Center by your onsite host. We will do the pre-medical paperwork and then escort you to the medical center. Please let us know if you have any trouble retrieving or completing the attached documents.