



Blood Work

Frequently Asked Questions & Information Sheet

How is blood work completed?

- To obtain a blood sample, a small amount of blood is taken from your body. It's usually drawn from a vein in your arm using a needle.

What is the purpose of blood work?

- Blood work may be performed to rule out the presence of disease or infection, or to discover a deficiency of an essential blood component. It may also be performed as part of a biological screen if you are exposed to a hazard in the work place that can be monitored through a blood test.

What are some common blood tests that may be performed?

- There are numerous possibilities and combinations of blood tests that may be performed. Some common tests include:
 - **CBC and differential** – provides information about your overall health as it looks at several different components of your blood. This is one of the most common blood tests performed.
 - **Lipids/cholesterol** – this test is used to see how much good and bad cholesterol you have in your body which affects your overall health.
 - **Fasting glucose** – a blood sample is collected after an overnight fast as part of a test for diabetes.
 - **HgA1C** - this blood test is performed if you are a known diabetic, and shows your average blood sugar level for the past two to three months.

Why is blood work required for employment?

- There are many different reasons that a company may request blood work for employment. These include, but are not limited to:
 - International travel for employment purposes
 - Working with vulnerable populations
 - As part of a health monitoring program (i.e.: Health monitoring for lead exposure)

What happens if my test results come back abnormal?

- If there are abnormalities detected you will be notified and SureHire will send you a copy of your results so you may follow-up accordingly. In some instances, it may be recommended that you seek medical attention, and provide medical documentation to SureHire regarding the abnormal test results prior to employment.

What does it mean if I have to fast before blood work?

- With certain blood tests, you may be instructed to fast for 8-12 hours before your appointment. Fasting before a blood draw means you don't eat or drink anything except water. After eating, changes occur in the blood. Fasting reduces the variability in the levels of certain substances in the blood. This ensures that your test results are not influenced by eating or drinking, and can be interpreted correctly by the laboratory and doctor.

Blood tests that you will likely need to fast for include:

- blood glucose test
- cholesterol test
- liver function test
- kidney function panel

What do I need to bring with me to the lab to have blood work completed?

- You will need to bring the requisition form, provided to you by SureHire, which indicates blood work is to be performed, the consent for the facility to release the results back to SureHire, your provincial health care card and one other piece of government issued ID. Government ID can include a valid driver's license, passport, Canadian citizenship card, permanent residence card, marriage certificate or birth certificate.

Why do I need to provide my provincial health care card?

- In order to have our designated labs provide us with your test results, we may need to provide your provincial health care number. Please note that this confidential information will not be shared unless required by the designated lab to obtain results.

Do I have a certain amount of time to have the blood work completed?

- You have 5 business days from the time you receive the requisition and consent form to have your blood work completed. If you cannot complete the testing during this time frame, please let us know and SureHire can extend the expiration date.

Whom can I speak with if I have any questions, comments and/or concerns?

- If you have questions regarding the testing, please use SureHire's Live Chat service at www.surehire.ca or call **1-866-944-4473** and ask to speak to Medical Services if you have questions regarding testing.

