

Preparing for your Medical Assessment

Sonic HealthPlus has been appointed to provide a medical assessment on behalf of your prospective employer. **Preparing for your medical assessment accurately is important for optimal results.**

1. WHAT TO BRING

- A physical/original copy of your Photo ID with full name and date of birth.
- Prescription glasses or contact lenses
- Hearing aids and most recent audiologist report
- Your prescription and labelled medication package
- Current medical reports for any health conditions

2. WHAT TO WEAR

We encourage you to wear loose comfortable clothing and closed footwear i.e. runners, particularly if you are booked in for a musculoskeletal assessment.

3. WHAT TO EXPECT

Please arrive 10 minutes before your appointment so that we can complete the necessary paperwork.

As part of your assessment, you may be required to remove items of clothing down to your underwear. This allows the examiner to assess your joints, neck, spine, chest and abdomen. You may request a gown and/or chaperone.

Upon completion of all assessments, results will be reviewed by your assessing doctor and a final determination issued to the requestor of your assessment.

4. PREPARING

Carefully check the confirmation email you received which lists the activities you have booked. Refer to the list below which applies and follow the requirements for an optimal result.



AUDIO -

Avoid exposure to loud noises 16 hours prior to the test. For e.g. *Loud Music | Motorbike riding | Travelling in a plane.*

You will be required to sit in a booth wearing headphones. The screener will ask you to indicate when you hear variations of sound intensity and pitch, involving thresholds and differing frequencies.

Note: If you have a cold or ear wax build up, we may need to reschedule the assessment.



RESPIRATORY FIT TESTING (RESPFIT)

When performing this test - we follow a "*clean-shave face policy*", as this test returns a more accurate result when performed on clean shaven skin.

If you do present for this test with facial hair you will be provided with an option to shave. If this option is declined you will be tested with a disclaimer added to the result sheet indicating that the test was performed with facial hair.

Results in this instance **cannot be relied upon** and are for educational purposes only.

Cancellations - 1 Business Day's notice is required. To cancel please contact Sonic HealthPlus Bookings on 1300 763 822 or email bookings@sonichealthplus.com.au

Preparing for your Medical Assessment - continued



DRUG AND ALCOHOL SCREENING-

Urine Drug Screens - You will be asked to provide a urine sample, during which time you may be supervised.

- Bring a list of medications, both prescription and non-prescription, which you may have taken in the last 30 days.
- Prior to the test you will be asked to remove any jackets, bulky items of clothing and empty your pockets. Your belongings will be securely stored.
- In some cases the the results may require confirmatory testing which may include additional paperwork, this does not mean the result is positive.

*Note: Confirmatory testing **does** incur additional costs.*

Breath Alcohol Tests - Avoid eating or drinking approximately 20 minutes prior to the test. (This includes drinking water and chewing gum.)



MEDICAL ASSESSMENT- (Clinically indicated measurements including, height, weight, urinalysis, vision, may be conducted by a nurse or screener and the physical assessment performed by a doctor.

- Ensure you provide copies of current reports for any ongoing medical conditions you may have.
- Bring your prescription glasses if worn.
- Personal examinations, such as breast exams or prostate exams are not part of employment medical assessments.



MUSCULOSKELETAL & FITNESS ASSESSMENT

- Prior to your assessment - avoid rigorous exercise, caffeine and smoking for optimal performance.
- You will be asked to undertake activities assessing: flexibility, upper body and core strength and general fitness.
- Wear loose comfortable clothing.



SPIROMETRY - (Lung function test)

If you are using bronchodilator medication, where possible and safe, ensure that you withhold your current treatment for at least 4-6 hours prior to your appointment. Refrain from the following activities prior to testing:

- Smoking/vaping/water pipe - **1 hour prior**
- Consuming alcohol or other intoxicating substances - **8 hours prior**
- Vigorous exercise - **1 hour prior**
- Avoid wearing tight clothing

This assessment requires you to place a mouthpiece just past your teeth. > You will inhale completely until your lungs are full.
> You will then force the air out as fast and hard as possible.

You may need more than 3 attempts to achieve the desired result.

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