UNIVERSITY OF MIAMI
DEPARTMENT of
WELLNESS & RECREATION

Preparation Instructions
Cardiac Health Assessment

The Cardiac Health Assessment provides a snapshot of key heart-health indicators. A small fingerstick blood sample is used to measure a full lipid panel (total cholesterol, HDL, LDL, and triglycerides), along with blood pressure, resting heart rate, and waist circumference. Results are available during the appointment and are reviewed with a certified exercise physiologist. The assessment typically lasts approximately 20 minutes.

To ensure accurate results, it is CRITICAL that the following preparation guidelines are followed.

1. Fast for 9–12 hours prior to testing. Only water is permitted during the fasting period.
2. Avoid alcohol for at least 24 hours prior to testing, as it can temporarily elevate triglyceride levels.
3. Avoid caffeine, tobacco or nicotine products, and exercise for at least 30 minutes prior to testing, as these may elevate blood pressure and heart rate.
4. Participants should be well hydrated prior to testing. Drinking water helps ensure an adequate fingerstick blood sample.
5. Continue taking all prescribed medications unless otherwise directed by your healthcare provider.
6. Wear a short-sleeved or loose-fitting top to allow for blood pressure and waist circumference measurements. Participants should arrive rested and relaxed.

Due to the fasting requirement, the Cardiac Health Assessment is generally scheduled in the morning.

Please note that if these guidelines are not followed, the accuracy of the test results may be compromised. This assessment is a wellness screening, not a medical diagnosis; results outside recommended ranges should be discussed with your healthcare provider.