

Find the
hero
in you.



United Blood Services

Streamline your next donation: Complete your health history online

You can complete the health history questionnaire online the day of your donation! By choosing to fill out the online questionnaire before you come to donate blood, you will likely reduce the in-person interview to only a few essential follow-up questions.

To begin the questionnaire, you can click the health history button on the left side of our United Blood Services home page at www.UnitedBloodServices.org.

We can now accept a Fast Track Ticket from some mobile devices (smartphones or tablets) as long as our staff can scan the barcode from the ticket on your device. Simply go to www.UnitedBloodServices.org/HealthHistory.html to complete the questionnaire on your mobile device and bring the device with you when you donate.

Or, use your computer to complete the questionnaire and print and bring the Fast Track Ticket with you (sample at right). You may also use our computer at the blood drive to complete your questionnaire.

Important tips:

- The questionnaire **must be completed on the day of donation**. A ticket with any other date cannot be accepted.
- Your answers cannot be saved and the questionnaire must be completed in one sitting.
- Our staff will review the answers, perform the medical screening, and determine your eligibility.
- As part of this new process, you will see some new equipment: laptops, signature pads, scanners and cameras. In fact, we will ask you if you'd like to have your picture taken. Putting the photo into our secure and confidential system will help us streamline even more.

We'll send you the link to the online health history questionnaire in our appointment reminder email for your donation. Make an appointment to donate blood at www.UnitedBloodServices.org.

Questions about the online health history questionnaire? See one of our staff members when you come in to donate or call us at our national toll-free number: 1-877-UBS-HERO (827-4376).

United Blood Services
www.UnitedBloodServices.org
1-877-UBS-HERO (1-877-827-4376)


Find the hero in you.

This is Your Fast Track Ticket
(Please print the ticket on single print paper or your device.)

Donors have told us they would like to get through the donation process faster. We are committed to respecting your time while ensuring a safe blood supply for the patients in your community. We're working on new systems and processes to help speed things up; here's how you can help.

1. Bring *personal identification*. We prefer ID that has your picture and full name. Some acceptable forms of ID include: Driver's License, Work or School ID (with picture and full name) or Passport. Bringing along your Blood Donor Card will help get you through the registration process quickly. If you don't have one, please ask our staff to order one for you.
2. Bring a list of all countries (and overseas) you have visited (and dates) in the past 12 months and do the same for all European countries you've visited since 1990.
3. Wear a top with loose-fitting sleeves (preferably short sleeves) so that we can appropriately check your blood pressure and check for the best vein to use to collect your blood.
4. Be sure you are well hydrated and try to eat a healthy low-fat meal before you donate. After you give, plan to stay in the refreshment area for 15 minutes. While you are there, drink at least 16 ounces of water, a sports drink or other beverage and eat a salty snack. When you donate blood, your body loses about 16 ounces of fluid and a gram (1/2 tsp) of sodium. Replacing the fluid and sodium will help you feel good the rest of the day.

Last name:
First name:
Gender: female
Date of birth (MM/DD/YYYY) format: 01/08/1989



Thank you for finding the hero in you as a volunteer blood donor.

Expiration: 11:59 pm MM/DD/YYYY

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