

SHIFT Health Assessment Instructions

SHIFT Hotline for Questions: 1-888-505-5607

You will complete a health assessment at the beginning and end of the SHIFT study that will determine your official body weight for the inter-company competition. The health assessment will also include physical fitness tests, surveys, a blood sample (for testing cholesterol and blood sugar), and instructions for completing your computer-based training. The assessment should take about 2 hours.

Compensation

You will be paid \$17 per hour for your time for completing assessments and all tests are provided free of charge. Everyone who completes an assessment will also be entered into a cash drawing. For completing the first assessment you will have about a one in forty chance at winning \$100. For completing the second assessment you will have about a one in forty chance at winning \$500!

Pre-Screening Phone Call and Times for Assessments

Before your health assessment takes place, the SHIFT research team will call you to conduct a pre-screening interview. You will be asked for your age, height and weight, and risk factors for heart-related problems. Once you have been pre-screened, SHIFT researchers will mail you an “Actical” device to wear for one week, which measures your physical activity levels. Once you have mailed your Actical back to SHIFT, your dispatcher will be asked to help you get to Jubitz in Portland, Oregon for your beginning health assessment. Your assessment should take place within one or two weeks after your pre-screening is complete (screening call and Actical).

Location for the Health Assessment

Fitness tests and surveys will be provided in a research vehicle (RV) parked at the Jubitz Truck Stop in Portland, OR. The research vehicle is a 1993 Fleetwood Bouncer RV that is outfitted for scientific studies, and it will have the “SHIFT” logo posted in the window. For your convenience, blood samples can be provided at the “First in Health Clinic” located inside the Jubitz Travel Center in Portland, Oregon on the day of your fitness tests and surveys.

Times for Health Assessments

You can complete your assessment any day of the week except Sunday. Hours for having your blood drawn at Jubitz are limited to Monday - Friday (8am to 4:30pm), and Saturday (8am to 3:30pm). However, SHIFT testing staff can meet you earlier or stay later on these days for fitness tests and surveys. SHIFT will work with your dispatcher to get you to Jubitz during the blood testing hours, and will do whatever we can to accommodate your schedule. With customer and traffic delays we know your schedule is tough – instead of appointments, we ask that your dispatcher (or you if you prefer) call the SHIFT hotline to inform us of the day when you are coming for your assessment, and to call again when you are within about one hour of arriving (1-888-505-5607). *If something unexpected happens, we will come early or stay late so we don't miss you!*

Blood Tests for Cholesterol and Glucose (Sugar) Levels

As noted above, you can provide your blood sample at the “First in Health” clinic at Jubitz on the same day as fitness tests and surveys. If you are pressed for time, can't make their business hours, or if you didn't follow fasting instructions (see below), you can provide a blood sample at one of several alternate Quest Diagnostics locations near I-5. The SHIFT team has identified several Quest locations near I-5 that can accommodate your truck and trailer. The Quest locations are meant to be a back-up option if you forget to fast before your assessment – see the SHIFT website for maps.

Fasting for Blood Tests

The blood test is a fasting blood test, which means you should not eat any food 8 hours prior to the blood being drawn. Drinking water during the fasting period is OK and actually encouraged! This will make your veins easier to find for the blood draw.

Caffeine, Alcohol, Nicotine, etc.

You should not drink caffeine or alcohol, smoke or chew tobacco, or consume any kind of non-prescription drug within two hours of the health assessment. If you can't avoid taking a prescription drug before the assessment, please share the name of the drug, dose, and time of administration with researchers when you arrive.

Clothes

You should wear comfortable shorts and a t-shirt to your health assessment so that researchers can take your body measurements. You can wear sweat pants and a long-sleeved shirt to stay warm, but please wear shorts and a t-shirt underneath. If you forget to bring/wear your own shorts, you will be asked to change into a pair of disposable shorts for skinfold tests for percent body fat. You should also wear running or gym shoes that you would feel comfortable taking a brisk walk in (no boots or heavy soled shoes). Your tennis shoes need to have laces.

Laptop Computer

If you have your own laptop computer and would like us to install the SHIFT training for you, please bring it with you to the assessment! We can also help you install the training on your home computer



The testing vehicle will be parked at Jubitz in the area for electric plug-ins in the Truck Parking lot. Look for us near where the green arrow is pointing.

