

## Paulding County Hospital's Spring Health Day Instructions 2025

1. Must be 18 years of age or older to participate.
2. Included in this packet is the instructions and registration form.
3. Location, date, and time.
  - **Location: Black Swamp Nature Center**
    - 753 Fairground Drive Paulding, Ohio 45879
  - **Dates:**
    - Tuesday, April 8
    - Wednesday, April 9
    - Thursday, April 10
    - Friday, April 11
  - **Time:**
    - Tuesday-Friday 7:00 AM – 9:00 AM
4. Complete the registration form per the instructions on the form.
5. Return the completed registration form and payment (CASH, CHECK, CREDIT CARD) to the HOSPITAL CASHIER PRIOR TO THE SCHEDULED DAY (PREFERED)  
**Or**  
Complete the registration form and envelope and bring with you to the Fall Health Fair with a CHECK or CASH payment.
6. Arrive at the Spring Health Fair **FASTING FOR 10 TO 12 HOURS.**
  - \***Water and Medication is OK to have when fasting.**
  - \***No additional lab orders can be processed at the Family Health Day**
  - \*Free gift provided to anyone who is pre-registered.
7. Results will be mailed to you upon completion and the results will be in your electronic health record (MyChart®). If you have not signed up for MyChart®, please see your healthcare provider.
8. It is recommended that you follow-up with your healthcare provider regarding the Spring Health Fair results. Paulding County Hospital Spring Health Fair is not a replacement for routine visits with your designated healthcare provider.