Experience the wonder

Frequently Asked Questions

Fast Track Health History & Donation Process

Why wait another moment to transform your life, and the lives of so many others? When you complete your Fast Track Health History questionnaire online the day of your donation, you'll save up to 20 minutes of total visit time.

Ready? Read our useful tips to help streamline your donation.

Why should I complete my Fast Track Health History online before I donate?

We know you're busy and we value your time. The online Fast Track Health History can reduce the pre-donation interview to include only essential follow-up questions. On the day you donate, you may complete your health history from the comfort of your home, office or another quiet space using your computer or mobile device.

Why do I have to complete my Fast Track Health History on the same day I donate?

It's important to make sure you are feeling well and healthy and that your responses are accurate on the actual day you give blood. That's why, when you arrive to donate, we will check your blood pressure and other vital signs. Then, we'll review your answers and ask any necessary follow-up questions. Your Fast Track Ticket will show the date you completed your health history. If it doesn't match your donation date, we'll ask you to complete the questionnaire onsite before you continue with your lifesaving efforts.

How long does it take?

Most donors say it takes less than 10 minutes to complete the Fast Track Health History.

Can I access the questionnaire from my smart phone or tablet?

Yes. We can accept a Fast Track Ticket from most mobile devices (smart phones or tablets) as long as we can scan the bar code from the ticket on your device.

How do I access the online Fast Track Health History?

There are several ways:

- From our website
- From a link in your appointment reminder (your blood drive coordinator may share this link too)
    - Be sure to share your email address/mobile number with us and we'll send you a reminder

What do I need to do before I start Fast Track?

Gather your personal information, including prescriptions and travel information, before you begin. Read the online documents to learn more about donor qualifications and refer back to them if needed. If you are using a computer, make sure you are connected to a printer. Since we'll ask you for personal information, to ensure your privacy, please complete the health history form in a confidential setting free of interruptions.

For more information or to schedule a donation, call **877-258-4825** or visit us at **vitalant.org**
Find us @vitalant:

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