**January Employer Sponsored Activity: Blood Donation**

It’s National Blood Donor Month so do your part by donating blood and saving lives. According to the American Red Cross, one blood donation can save as many as three lives. Donating blood is not only beneficial for the person receiving it, but the for the donor as well. It helps reduce the risk of hemochromatosis which is excess absorption of iron in the body, lowers the risk of cancer, helps maintain a healthy heart and liver, can help with weight loss, and stimulates blood cell production.

Donating blood helps individuals who have cancer, trauma patients, sickle cell patients, burn victims, and patients with chronic diseases. Blood can not be created and can only be donated so people’s lives depend on blood donations.

Blood Donation Process (Process takes about an hour total):

1. Register to donate blood
2. You will show your ID and they will provide you with information about donating blood
3. You will answer some health questions and provide information about current medications
4. They will check your temperature, pulse, blood pressure and hemoglobin level
5. For whole blood donations the arm will be sterilized, and the needle will be inserted
6. You will sit or lay there for 8-10 minutes until about a pint of blood has been taken
7. They will then bandage your arm
8. You will be asked to sit and enjoy a snack and refreshment for 10-15 minutes after donating to ensure that there are no issues
9. Released to leave knowing that you helped to save lives

To sign up to donate blood you can go to the American Red Cross [Website](https://www.redcrossblood.org/give.html/find-drive) to find the nearest location and time that works for you. After you have donated blood please email \_\_\_\_\_\_\_ to receive a code to self-report your participation in this employer sponsored well-being activity for Well Wisconsin at [webmdhealth.com/wellwisconsin.](https://www.webmdhealth.com/wellwisconsin/)

Additional Resources:

* [Blood donor requirements](https://www.redcrossblood.org/donate-blood/how-to-donate/eligibility-requirements.html)
* [What to do before, during, and after donating](https://www.redcrossblood.org/donate-blood/blood-donation-process/before-during-after.html)
* [General information about donating blood](https://www.webmd.com/a-to-z-guides/what-to-expect-when-you-give-blood#1)