



Nick of Time

FOUNDATION

EKG YOUTH HEART SCREENING

Sudden Cardiac Arrest is the leading cause of death in exercising or at-play young people on school campus. Nick of Time Foundation, in partnership with the UW Center for Sports Cardiology, conducts EKG youth heart screenings for adolescents and young adults ages 12-24. A simple EKG can identify certain serious heart conditions that cannot be detected by a stethoscope. Thank you for making your student's heart health a priority and for being a part of our mission to save young lives from Sudden Cardiac Arrest (SCA)

How to register

1 Make an appointment.

Appointments are open to **anyone ages 12-24 years**, regardless of where they go to school. All participants must pre-register for an appointment. Scan the QR code or visit:

<http://bit.ly/NoTFEKGAppt>



3

Return completed forms.

Completed health forms can be dropped off with Ms. Lohafer at the CHS Main Office or can be scanned and emailed to: chsheartscreenings@everettsd.org

2

Fill out the heart screening permission and history form.

Scan the QR code to access the form.

No one will be screened without the signed forms.



What happens at a screening?

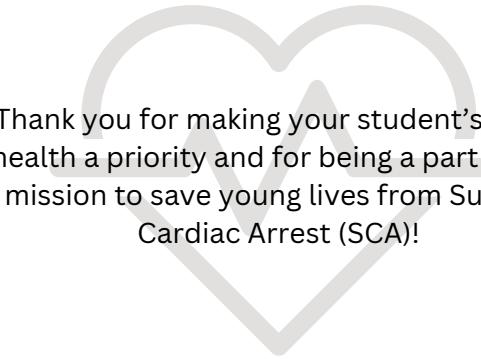
- Heart health survey**- This survey asks information to identify possible signs, symptoms, and/or family history of a heart condition and is reviewed by a medical professional.
- Privacy**- Each participant's confidentiality, privacy, and individual modesty is respected throughout all aspects of the program and screening. Girls and boys are separated to separate screening areas and all girls will be screened by female health professionals. Additional privacy is available upon request.
- EKG**- A medical professional performs an EKG that analyzes the electrical signals of the heart. Small patches with a mild, latex-free adhesive will be placed on the chest, legs, and arms. Electrodes are attached to the patches and the heart's electrical activity is recorded. The screening is completely painless and non-invasive (no needles or x-ray exposure).
- Doctor consult and screening results review**- EKG results are reviewed on-site by medical professionals experienced in EKG youth heart screens. Some participants may also have a heart-sounds physical or limited Echocardiogram (ultrasound) of their heart.
- CPR and AED Training**- Everyone who receives a screening will also receive hands-only instruction on CPR and AED machines.

Free of cost

The Nick of Time Foundation is providing the EKG Youth Heart Screening at no cost or obligation. However, to help defer screening costs, and enable future community screening events, there is a suggested donation of \$25.

Donations are tax deductible and can be made at the time of registration, by cash or check to the address below, or online at www.nickoftimefoundation.org/donate/

Thank you for making your student's heart health a priority and for being a part of our mission to save young lives from Sudden Cardiac Arrest (SCA)!



Hosted by
Everett School District

Wednesday, April 1, 2026
8 a.m.- 3 p.m.

Cascade High School
Gymnasium

801 E. Casino Rd.
Everett, WA 98203



Questions?
Jessica Lohafer
425-385-6018