

Save time with your next donation! *CFLe<sup>Express</sup>* enables you to complete The Blood Center's health history interview in the comfort of your own home, making it even more convenient to help save lives.

**Important:** You must complete the health history interview and print your *CFLe<sup>Express</sup>* ticket on the same calendar day as your donation; otherwise your ticket will not be valid, and you will have to retake the health history interview.

## 1 Home page

To get started, click on the *CFLe<sup>Express</sup>* icon at the top right corner of the **giveblood.org** homepage.



## 2 CFLe<sup>Express</sup> allows you to complete the health history interview but does not verify your eligibility to donate; that will happen at the donation site.

Welcome To The Blood Center Health History Interview **CFLe<sup>Express</sup>**  
A Commit for Life Program

Welcome to *CFLe<sup>Express</sup>*! This program is designed to guide you through Gulf Coast Regional Blood Center's health history interview.

**Please note:** Completion of this interview does not guarantee donor eligibility. If you have eligibility questions, please refer to our **FAQs** or contact our Medical Services staff at (713) 791-1200.

First Name:   
 Last Name:   
 Gender:  Female  Male  
 Date of Birth:

You will now complete the health history interview, which consists of 52 questions that you would normally answer in the screening room.

## 3 You are ready to donate!

Once you complete the interview, print your *CFLe<sup>Express</sup>* ticket. Take this ticket with you to donate on the same day you complete the interview. Our staff will scan these barcodes to retrieve your health history interview data – **saving you time at the donation site and making it even easier to help save lives!**

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Donor Name	Date of Birth	Valid Only On
Dumpling, Fish	07/10/62	06/20/11

Visit

➔



Drive

➔



Responses

➔



**WHY SHOULD I DONATE?**

Every donation can help save as many as three lives. Have you ever wanted to know whose life you helped save? These are the faces of Commit for Life – the mothers, children, husbands and neighbors whose lives your donations have helped save.

**Gulf Coast Regional Blood Center**

**IMPORTANT! THIS FORM CONTAINS INFORMATION NEEDED FOR YOUR DONATION**  
Bring this form with you or you will be required to answer the health history questions again