



# BLOOD DONATION CHALLENGE

**LifeServe Blood Center is your non-profit community based blood center**

**200,000** We need 200,000 community members to donate each year to ensure our local hospital patients have the blood products they need.  
**< 5%** Fewer than 5% of eligible donors donate on a regular basis.

- Schedule your blood donation appointment online at [lifeserve.info/schedule](http://lifeserve.info/schedule) or by calling 800.287.4903.
- Donation must be at a participating mobile blood drive or at one of our Des Moines metro donor centers.
- When arriving to your scheduled appointment give a LifeServe team member the code provided by your company so you get credit for your donation.



More info: [lifeserve.info/23corpgames](http://lifeserve.info/23corpgames)

## DONOR TIP GUIDE

### TIPS TO PREPARE FOR A POSITIVE DONATION:

We want you to feel great after you've donated. **Prior to your donation:**

- Drink plenty of fluids** the night before and leading up to your donation - hydration is key to a positive experience.
- Eat a good meal** - do not donate on an empty stomach.
- Incorporate a bit **more salt** in your meals and snacks on the day of your donation.
- Get **plenty of rest** prior to your donation.

**Save time at your donation by filling out your LifeServe QuickPass online the day of your donation.**

### WHAT TO EXPECT DURING THE DONATION:

Four basic steps make up blood donation:

- 1. Registration.** Donors will provide their information, signed Parental/guardian permission form if necessary, and identification.
- 2. History Screening.** Donors will complete a series of health and lifestyle questions and receive a mini-physical to check temperature, blood pressure, heart rate, and hemoglobin level.
- 3. Donation.** Collecting a unit of blood - about one pint - takes approximately 5-10 minutes. Donors may feel a slight pinch for a few seconds, but that is it!
- 4. Snacks.** After the donation, donors will rest in the snack area and enjoy refreshments.

**YOUR BLOOD. YOUR HOSPITAL. YOUR NEIGHBORS.**

## DES MOINES METRO DONOR CENTERS

**Ames**  
819 Wheeler St, Suite 1

**Ankeny**  
1555 SE Delaware Ave Suite J

**Des Moines**  
431 East Locust St

**Pella**  
1542 Washington St.

**Urbandale**  
10469 Hickman Road

**West Des Moines**  
4800 Mills Civic Parkway Suite 109

## HOW MUCH DOES YOUR DONATION HELP?

A single hospital patient can require a large amount of blood in a single situation.

<b>CANCER PATIENTS</b> Up to eight platelet units per week	<b>PREMATURE INFANTS</b> Up to five units
<b>ORGAN TRANSPLANTS</b> Up to 25 plasma units + 30 platelet units + 40 red blood cell units	<b>HEART SURGERY</b> Up to six red blood cell units + six platelet units
<b>BURN VICTIMS</b> Up to 20 plasma units	<b>AUTOMOBILE ACCIDENTS</b> Up to 50 red blood cell units

In the United States, blood products that are transfused to hospital patients must be from an unpaid volunteer blood donor.

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Human blood cannot be manufactured.

# PARTICIPATING COMPANIES AND TEAM CODES

Listed alphabetically below is a list of companies participation in 2023 Corporate Games with the corresponding team code. Please use your team code when checking in at your appointment.

CODE	COMPANY	CODE	COMPANY
1308	American Enterprise	2070	Global Atlantic Financial Group
0488	American Equity Investment Life Insurance Co.	0085	Grinnell Mutual
2150	ARAG North America INC - With Ruan	2162	Heartland Business Systems
1686	Atlantic Coca Cola Bottling	2156	HOPE Agency
0183	Berkley Agribusiness - Under W.R Berkley Corp	0298	IMT Insurance
1517	Berkley Technology Services	1729	Iowa Soybean Association
2064	BH Companies	0884	ITA Group
2163	Cellular Advantage	0687	John Deere ISG
0201	City of Des Moines	2073	Jones Lang LaSalle Brokerage Inc
2151	Civil Design Advantage	1703	Keen Project Solutions
0199	Collins Aerospace	2074	Kingland
1587	Community Choice Credit Union	0885	Krause Group (Kum & Go)
0183	Continental Western Group	2075	Loffredo Fresh Foods
1826	Continum Advantage	1800	MidAmerican Energy Company
2152	Corporate Image	1635	MODUS Engineering/OPN
0330	Corteva	1826	Myriad Advisor Solutions
2096	DCI Group, Inc.	0025	Northwestern Mutual
0078	Dee Zee Inc.	2077	OPN Architects
0958	Deloitte	1529	Partnership/MPO
1529	Des Moines Area MPO	2078	PDM
2165	Des Moines Golf and Country Club	0948	Pella Corporation
1232	Des Moines Marriott Downtown	0211	Polk County Government
2066	DLL Finance	0369	Principal
2160	DLR Group	2158	Progressive Insurance
0187	Drake University	1735	R&R Realty Group
2067	Eide Bailly CPA	1854	RMH Systems, Inc
2154	Elder Corporation	1084	Ruan Transportation
2068	Ernst & Young	2080	Ryan Companies
2099	F&G	2159	Schaal Plumbing, Heating & Cooling
0044	Farm Bureau Financial Services	1772	SHAZAM, Inc
1787	Farmers Mutual Hail Insurance	2163	Tarbell & Co., P.L.C.
0207	Federal Home Loan Bank of Des Moines	1294	Turner
2155	First Interstate Bank	2081	UHY
2161	Five Star FA, Inc	0749	Willis Automotive
1727	Foster Group	2091	YMCA of Greater Des Moines
2069	Foth Infrastructure & Environment	1737	Zirous
1558	FRB Des Moines (Federal Reserve Bank of Chicago)		