

**ALASKA ELECTRICAL
HEALTH & WELFARE FUND**
invites you and your eligible dependents to
participate in the
2011 Alaska Coalition Health Fair
from 8 am – 12 noon

<u>Anchorage</u> Alaska Regional Hospital 2801 DeBarr Rd Suggested schedule, based on last name:	
<u>Saturday Sept. 24</u> 8am – 9am A-C 9am – 10am D-F 10am – 11am G-J 11am – 12pm K-L	<u>Saturday Oct. 8</u> 8am – 9am M-O 9am – 10am P-R 10am – 11am S-U 11am – 12pm V-Z
<u>Mat-Su</u> Saturday October 15 AT&T Sports Center 1507 N Double B St.-Palmer	<u>Soldotna</u> Saturday October 15 Central Peninsula Hospital 250 Hospital Place
<u>Fairbanks</u> Sat/Sun October 1 & 2 Carlson Center 2010 2 nd Avenue	<u>Juneau</u> Saturday October 22 Centennial Hall 101 Egan Drive

Be good to yourself and your family!
Regular health screenings can help you learn about
your health and detect potential problems early.

This health fair is brought to you by your Health Plan, through its participation in the Health Care Cost Management Corporation of Alaska (the Coalition).

LAB TESTS

Testing is available to eligible adults age 18 and over. Results will be mailed to you directly.
To save time, you may preregister at www.coalitionhealthfair.org.

CHEMISTRY / HEMATOLOGY PROFILE: No cost to you – 100% paid by your Health Plan

This is a comprehensive blood test that screens kidney function, liver enzymes, electrolyte (salt) imbalance, diabetes, tissue disease or damage, coronary heart disease and more. In order to obtain valid results, it is recommended that you fast for 12 hours before testing. Fasting means no food or drink except water. (Diabetics should NOT fast. In all cases, prescription medication should be taken.)

THYROID SCREEN: No cost to you – 100% paid by your Health Plan

You may want to do this test if you have a family history of thyroid problems, if you are a female over age 45, or if you are experiencing unexplained weight loss or gain, depression, memory loss, or have a swollen thyroid.

PROSTATE DISEASE SCREEN: No cost to you – 100% paid by your Health Plan

Men should have this test annually starting at age 50. Americans of African descent and men with a family history of prostate cancer should start screening at age 40.

VITAMIN D TEST: \$25.00

This test is for those who are on a Vitamin D regimen or who are considering Vitamin D supplements.

FLU SHOTS

Flu shots will be offered to eligible participants age 9 and over at no cost to you – 100% paid by the Alaska Coalition – pending availability of flu vaccine.