

# ALASKA ELECTRICAL HEALTH & WELFARE FUND

INVITES YOU AND YOUR ELIGIBLE DEPENDENTS TO

## ALASKA HEALTH EVENTS 2020



In-home test kits are available to adults age 18 and older with results mailed to you directly. **Pre-registration for the kits and drive-through flu shots opens September 9, 2020 at [www.coalitionhealthfair.org](http://www.coalitionhealthfair.org).**

Visit the pre-registration website for more information. The following in-home screening kits are paid 100% by your health plan at no cost to you:

- LIPIDS & GLUCOSE SCREENING PLUS A1C
- THYROID SCREEN
- PROSTATE DISEASE SCREEN (for males age 40 and older)

**A LIMITED NUMBER OF IN-HOME KITS WILL BE AVAILABLE.**

IN-HOME KITS WILL BE MAILED TO YOU FROM COREMEDICA AND INCLUDE A PRE-PAID RETURN ENVELOPE. **KITS MUST BE RETURNED BY DECEMBER 15, 2020.**



These health fairs are brought to you by your Health Plan, through participation in the Pacific Health Coalition.



[www.coalitionhealthfair.org](http://www.coalitionhealthfair.org)



### DRIVE-THRU FLU SHOTS



The quadrivalent flu vaccine is offered to eligible participants age 9 and over (pending vaccine availability) and paid by the Coalition. High dose is not offered.

**Please be sure to wear a mask and bring a printed copy of your flu form with you!** The flu form will be emailed to you and is required to receive a flu shot.

#### ANCHORAGE

Alaska Regional Hospital  
2801 DeBarr Road / Anchorage, Alaska

October 1, 5:30 – 8:00 pm  
October 6, 5:30 – 8:00 pm  
October 10, 9:00 am - Noon  
October 16, 5:30 – 8:00 pm  
October 21, 5:30 – 8:00 pm

#### FAIRBANKS

Old First National Building  
Between 8th & 9th on Noble  
Across from the Westmark Hotel  
Fairbanks, Alaska

October 3, 8:00 am - Noon  
October 5, 5:00 - 8:00 pm  
October 8, 5:00 – 8:00 pm  
October 9, 4:00 – 8:00 pm

#### JUNEAU

Flu Shot vouchers available

#### MAT-SU VALLEY

Capstone Clinic  
12039 Maplesprings Way / Palmer, Alaska

October 3, 8:00 am - Noon  
October 9, 5:00 – 8:00 pm

#### SOLDOTNA

Central Peninsula Hospital  
250 Hospital Place / Soldotna, Alaska

October 7, 3:00-5:30 pm

# 2020 COALITION HEALTH EVENTS



COVID-19 is disrupting our daily lives – but it is more important than ever to pay attention to your health. Although we cannot gather for a traditional health fair, the Coalition is offering alternative health event services to help.

Pre-register at [www.coalitionhealthfair.org](http://www.coalitionhealthfair.org). These services are provided at no cost for eligible health plan participants.

## GET YOUR FLU SHOT!

Quadrivalent flu shots are available via drive-thru events held in Anchorage, Fairbanks, Mat-Su Valley, and Soldotna. Go to [www.coalitionhealthfair.org](http://www.coalitionhealthfair.org) to see locations, dates, and times and to pre-register. Flu shot vouchers will be available for participants in Juneau. You must be age 9 or older to receive a flu shot (age 18 in Soldotna).

Why get a flu shot? Getting a flu vaccine will, not only reduce your risk from flu but also help to conserve potentially scarce health care resources. It is crucial to reducing the spread of the flu virus. This is especially important if you come in contact with anyone who may be immunosuppressed, pregnant women, young children, or elderly adults.

## FLU SHOT FACTS

- Each flu shot will protect you for one flu season.
- It takes about 2 weeks for the vaccination to build up resistance in your body, which is why it is better to get vaccinated during the early part of the flu season.
- By getting vaccinated you will be 60% less likely to need treatment for the flu.
- Flu shots have been given for many years and are closely monitored by the CDC and FDA. They have a very good safety track record.

## REGISTER FOR YOUR FREE IN-HOME LAB KIT!

Blood testing is available this year through a convenient in-home kit.

- The easy to use kit will provide lab results for Lipids & Glucose screening includes A1C, Thyroid screening and Prostate Disease screening for men 40 and older. A1C test will provide your average blood glucose levels for the past 2 to 3 months.
- Available to participants age 18 or older.
- Pre-register to sign up for an in-home kit. It will be mailed to you, and you will return the kit with a postage paid return envelope.

