

**Alaska Teamster-Employer Welfare Trust**  
Invites You and Your Eligible Dependents to Participate in the

# ALASKA COALITION 2016 HEALTH FAIR

8AM – 12 NOON

**YOU MUST PRE-REGISTER FOR THE FOLLOWING FAIRS:**

- FAIRBANKS**      **September 24th & 25th**  
Carlson Center, 2010 Second Ave.
- ANCHORAGE**    **October 8th & 9th**  
Hanshaw Middle School, 10121 Lake Otis Pkwy
- JUNEAU**        **October 22nd**  
Centennial Hall, 101 Egan Drive
- ANCHORAGE**    **October 29th & 30th**  
Hanshaw Middle School, 10121 Lake Otis Pkwy

**PRE-REGISTRATION IS ENCOURAGED FOR  
THE FOLLOWING FAIRS:**

- MAT-SU VALLEY** **September 24th**  
Mat-Su Regional Medical Center,  
2500 S. Woodworth Loop- Palmer
- SOLDOTNA**      **October 22nd**  
Central Peninsula Hospital, 250 Hospital Place

## LAB TESTS AVAILABLE AT THE HEALTH FAIR:

Testing is available to **eligible** adults age 18 and over. Test results will be sent to you directly. **Pre-registration** for lab tests and flu shots **opens on August 15th** at [www.coalitionhealthfair.org](http://www.coalitionhealthfair.org) or call 907-751-9700 or 800-478-4450 (toll free). **Pre-registration closes Wednesday before the fair.**

### 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: **No cost to you – 100% paid by your health plan**

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

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### 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.*

*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).*

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

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