

Be good to yourself & your family. Enjoy life by staying healthy! Use your 2009 preventative health benefits.

Remember to fast for 10-12 hours before the blood draw. *Note: Diabetics should NOT fast.*

In all cases, prescription medication should be taken.

Drink PLENTY of water.

You are encouraged to eat after attending the Health Fair.

To avoid long lines, if possible, please arrive at *Alaska Regional Hospital* at the time allotted below according to first letter of your last name. Please let the *Check-In* staff know you are an Active or Retired Teamster Member.

A-I	8 a.m.
J-R	9 a.m.
S-Z	10 a.m.



ALASKA TEAMSTERS' HEALTH FAIR

ANCHORAGE, ALASKA

***ACTIVE & RETIRED
TEAMSTERS ARE
WELCOME TO ATTEND!***

SATURDAY, OCT. 3, 2009

8:00 A.M. TO 12:00 NOON

Brought to you by
Alaska Health Fairs, Inc.
&
Alaska Regional Hospital

Preventative services are covered at 100%, up to \$300 in a calendar year for each eligible person. You will be responsible for any charges over \$300.00.

Immunizations are covered at 100% up to \$500 per calendar year.

Alaska Health Fairs, Inc. has agreed to bill the Trust directly if you pre-register prior to Friday, Oct. 2.

**Please Call
565-8300 or 800-478-4450
and register for the Alaska
Teamsters' Anchorage
Health Fair**

Many health issues can be diagnosed early and treated by having blood tested.

Test results will be mailed directly to you within 4-6 weeks.

Please join us for the
**ALASKA TEAMSTERS'
ANCHORAGE HEALTH FAIR**

Saturday, October 3, 2009

8:00 a.m. to 12 noon

***Alaska Regional Hospital
2801 DeBarr Road***



Vitamin D Screening -

Vitamin D deficiency has been recently found to play a role in a wide variety of diseases such as diabetes, certain cancers, heart disease, stroke, birth defects, osteoporosis, etc. **Cost: \$50**

Laboratory Tests

Chemistry Hematology Profile:

A comprehensive blood test that screens for kidney function, liver enzymes, electrolyte (salt) imbalance, diabetes and more. **Cost - \$40**

TSH (Thyroid Screen) – Do this test *if* you have a family history or thyroid problems, if you are a female over the age of 45, if you are experiencing unexplained weight loss/gain, depression. Memory loss, have a swollen thyroid or monitoring a thyroid problem. Thyroid affects 1 in 10 women. **Cost - \$30**

PSA (Prostate Specific

Antigen) - Men should have this test usually starting at age 50. Americans of African descent and men with a family history of prostate cancer should start at age 40. **Cost - \$25**

Shots and Vaccinations

Flu shots – Available only for people age 18 or older. **Cost - \$30**

Pneumonia – Available only for people age 65 and older. **Cost \$45**

Tetanus – **Cost \$35**

CAN'T ATTEND?

CALL FOR A VOUCHER

If you are unable to Attend the Health Fair this year, please call the Trust Customer Service Office for a Health Fair Voucher.

This voucher can be used anytime before the end of the year at the ***Alaska Regional Hospital Lab.*** Please contact our office for a Voucher and one will be mailed to you.

(907) 565-8300 or (800) 478-4450

All eligible Active and Retired Teamsters and their Dependents are invited to attend.

If you are not eligible under the Plan **or** if you have other insurance that is primary you must pay for charges up front and submit the receipt to your primary plan for reimbursement.