

**ALASKA UFCW
HEALTH & WELFARE TRUST**

INVITES YOU AND YOUR ELIGIBLE DEPENDENTS
TO PARTICIPATE IN THE

ALASKA COALITION 2017 HEALTH FAIR

You must pre-register for the following fairs:

- Mat-Su Valley:** September 23rd **8AM – 12 NOON**
Mat-Su Regional Medical Center
2500 S. Woodworth Loop- Palmer
- Fairbanks:** September 23rd & 24th **8AM – 12 NOON**
Carlson Center, 2010 Second Ave
- Anchorage:** October 7th & 8th, October 14th & 15th
8AM – 12 NOON
Ted Stevens Int'l Airport- North Terminal
5000 W. International Airport Road.
- Soldotna:** October 21st **8AM – 12 NOON**
Central Peninsula Hospital, 250 Hospital Place
- Juneau:** October 22nd **8AM – 11AM**
Centennial Hall, 101 Egan Drive
- Anchorage:** November 4th & 5th **8AM – 12 NOON**
Ted Stevens Int'l Airport- North Terminal
5000 W. International Airport Road.

LAB TESTS AVAILABLE AT THE HEALTH FAIR

Testing is available to adults over age 18. Test results will be sent to you directly. Due to high demand **pre-registration is required** for lab tests and flu shots. **Pre-registration opens on August 14th** at www.coalitionhealthfair.org and closes the **Sunday before the Fair**.

If you need assistance pre-registering online, call the Administration Office at 800-732-1121, option 4, between 8am and 4pm AK Time, Monday – Friday.
NOTE: You must be eligible for benefits on the day of the fair in order to have your tests 100% paid by the Plan.

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.

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).