

# Northwest Sheet Metal Workers Health & Welfare Trust

INVITES YOU AND YOUR ELIGIBLE DEPENDENTS  
TO PARTICIPATE IN THE

## COALITION HEALTH FAIRS 2017

SATURDAYS FROM 8AM – 12 NOON

### You must pre-register for the following fairs:

#### **Fairbanks**

September 16<sup>th</sup>  
Carlson Center, 2010 Second Ave

#### **Mat-Su Valley**

September 23<sup>rd</sup>  
Mat-Su Regional Medical Center  
2500 S. Woodworth Loop- Palmer

#### **Anchorage**

October 14<sup>th</sup> & 15<sup>th</sup>  
Ted Stevens Int'l Airport- North Terminal  
5000 W. International Airport Road.

#### **Juneau**

October 21<sup>st</sup>  
Centennial Hall, 101 Egan Drive

### LAB TESTS AVAILABLE AT THE HEALTH FAIR

Testing is available to adults over age 18. Test results will be sent to you directly. **Pre-register** for lab tests and flu shots **opens on August 14<sup>th</sup> at [www.coalitionhealthfair.org](http://www.coalitionhealthfair.org)** ).

**Pre-registration closes Sunday 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.

**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).*