

# PUBLIC EMPLOYEES LOCAL 71 TRUST FUND

INVITES ELIGIBLE MEMBERS AND THEIR ELIGIBLE DEPENDENTS  
TO PARTICIPATE IN THE

## ALASKA COALITION HEALTH FAIR SATURDAYS FROM 8AM – 12 NOON

**Soldotna:** October 3rd  
Central Peninsula Hospital, 250 Hospital Place

**Anchorage:** October 10<sup>th</sup>  
Alaska Regional Hospital, 2801 DeBarr Rd.

**Juneau:** October 17<sup>th</sup>  
Juneau Arts & Cultural Center, 350 Whittier St.

**Anchorage:** October 24<sup>th</sup>  
Alaska Regional Hospital, 2801 DeBarr Rd.

**Fairbanks:** October 31<sup>st</sup>  
Westmark, 813 Noble St.

**Mat-Su Valley:** November 14<sup>th</sup>  
AT&T Sports Ctr., 1507 N Double B St.-Palmer

Be good to yourself and your family!

Regular health screenings can help you learn about your  
Health and detect potential problems early.

### LAB TESTS AVAILABLE AT THE HEALTH FAIR

Testing is available to adults over age 18. Test results will be sent to you directly.  
To save time, you may pre-register for lab tests at [www.coalitionhealthfair.org](http://www.coalitionhealthfair.org).

#### 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.

#### 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).*