



Wyoming Healthfair Benefits for EqualityCare Clients

January 2006

- ✿ Taking an active part in managing your health can result in a long fulfilling life. It is important that you participate in your health and healthcare.
- ✿ For those 18 and older, you may attend any of the scheduled Wyoming Health Fairs blood draws in your community at no cost to you (If you are currently a client on EqualityCare).
- ✿ Please check the attached calendar for upcoming dates and take advantage of this service. You are in charge of your health!
- ✿ You do not need an appointment. Just arrive at the designated time.
- ✿ The Chemistry Panel screening requires you to not eat for 12 hours before the test unless you are diabetic.
- ✿ Drink water before your draw; black coffee and tea are OK. Take prescribed medications as usual.
- ✿ The results of the tests are mailed directly to you and you will receive 2 copies. Take a copy to your physician so he or she can go over the results with you.
- ✿ Please keep in mind that a high or low result should be discussed with your physician as soon as possible.



The following tests will be available:

- ♥ Blood Chemistry Profile - Full Chemistry Panel that screens for cholesterol, coronary risk, kidney, liver, bone and muscle functions. It also includes TSH screening that detects hypo- and hyperthyroid conditions. Recommended to be done once a year for everyone. This test requires you not to eat for 12 hours, unless diabetic. Drink water & take medications as usual.
- ♥ Hemogram - This test evaluates the number and health of the red blood cells, white blood cells and platelets. It screens for anemia, leukemia, polycythemia and other inherited disorders that affect the cells in your blood. Recommended to be done once a year for everyone.
- ♥ PSA for Men - This test is designed to screen for Prostate cancer and is recommended for men over 50 years of age, If your family has a history of Prostate cancer, it is recommended at 40. Please note that results may be high or low due to other factors. All men with abnormal PSA results are encouraged to have an additional evaluation by their physician.
- ♥ Hemoglobin A_{1c} - Measures blood sugar control for up to 3 months before the test. This test is recommended twice a year for diabetics.





2006 Wyoming Health Fairs Blood Draw Locations & Dates

<u>Afton</u>	May 15-17	LCSD Annex Gym	6 am—10 am
<u>Alpine</u>	May 13	Alpine Fire Station	6 am—10 am
<u>Basin</u>	March 4	Big Horn Clinic	8 am—10 am
	March 6-11	Big Horn Clinic	8 am—10 am
<u>Bridger Valley</u>	April 6	Mt. View Senior Center	6 am—10 am
	April 7	Lyman Public Health	6 am—10 am
	April 8	Lyman Public Health	7 am—10 am
<u>Buffalo</u>	Feb. 13-18	Catholic Rec. Hall	7 am—10 am
<u>Burns</u>	March 14	Burns High School	7 am- 9 am
<u>Casper</u>	Every Thurs. Beginning Feb. 9th	WHF Home Office—115 S. Elm	7 am—10 am
	March 20-25	Blue Envelope—112 S. Beech	7 am—10 am
	March 27-April 1	Blue Envelope—112 S. Beech	7 am—10 am
<u>Carpenter</u>	March 15	Carpenter Elementary School	7 am—9 am
<u>Centennial</u>	Feb. 17	Centennial Valley Volunteer Fire Dept.	7 am—10 am
<u>Cheyenne</u>	1st Tues. Each Month	City/County Health Department	7 am—10 am
	3rd Thurs. Each Month	YMCA	7 am—10 am
	April 22	Creative Ministries	7 am—10 am
	April 24-29	Creative Ministries	7 am—10 am
	April 24-28	City/County Health Department	7 am—10 am
<u>Cody</u>	2nd Wed. Each Month	Cody Recreation Center	7 am—10 am
<u>Encampment</u>	April 21 & 22	Sagebrush Senior Center	7 am—10 am
<u>Glenrock</u>	April 28 & 29	Glenrock Senior Center	7 am—10 am
<u>Greybull</u>	April 20 & 21	Midway Clinic	6 am—8 am
	April 22	Midway Clinic	6 am—9 am
	April 25 & 26	Midway Clinic	6 am—8 am
<u>Kaycee</u>	Feb. 23 & 24	Kaycee Clinic	7:30—9:30 am



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<u>Laramie</u>	<i>2nd Wed. Each Month</i>	<i>Eppson Senior Center</i>	<i>7 am—10 am</i>
<u>Lusk</u>	<i>April 5</i>	<i>Lusk Medical Clinic</i>	<i>7 am—10 am</i>
<u>Midwest</u>	<i>March 28</i>	<i>Community Church</i>	<i>7 am—9 am</i>
<u>Newcastle</u>	<i>April 22</i>	<i>Senior Center Gym</i>	<i>6:30—10:30 am</i>
<u>Powell</u>	<i>Feb. 25</i>	<i>Powell Valley Healthcare Cafeteria</i>	<i>6:30—10:30 am</i>
	<i>Feb. 27—March 4</i>	<i>Powell Valley Healthcare Cafeteria</i>	<i>6:30—10 :30 am</i>
<u>Saratoga</u>	<i>April 18-20</i>	<i>Senior Center</i>	<i>6 am—10 am</i>
<u>Ten Sleep</u>	<i>March 7</i>	<i>Ten Sleep Senior Center</i>	<i>6:30—9:30 am</i>
<u>Thayne</u>	<i>May 18-20</i>	<i>Thayne City Hall</i>	<i>6 am—10 am</i>
<u>Thermopolis</u>	<i>March 4</i>	<i>Hot Springs County Hospital</i>	<i>7 am- 11 am</i>
	<i>March 6-10</i>	<i>Hot Springs County Hospital</i>	<i>7 am—10 am</i>
	<i>March 11</i>	<i>Hot Springs County Hospital</i>	<i>7 am—11 am</i>
<u>Worland</u>	<i>March 4, 11 & 18</i>	<i>Washakie Medical Center</i>	<i>7:30—10 am</i>
	<i>March 9</i>	<i>Worland Senior Center</i>	<i>6 am—9 am</i>

P.O. Box 667
Cheyenne, WY 82003

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*For additional information contact Wyoming Health Fairs
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On the web at: www.wyominghealthfairs.com*

