

May 2009



## Wyoming Healthfair Benefits for EqualityCare Clients



Client Bulletin



- 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 your EqualityCare plan covers blood tests. Certain plans have limited coverage which would not cover blood tests).
  - 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.

### 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 A1C** - Measures blood sugar control for up to 3 months before the test. This test is recommended twice a year for diabetics.
- ☒ **Ferritin**—Indicates the level of high iron stored in the hemoglobin and is a screening for high iron disorders such as hemochromatosis, anemia and some liver diseases.
- ☒ **Colokit**—Take home test to detect blood in the stool that indicates a risk for colon cancer.

## *2009 Blood Screening Locations & Dates*

<u>Town</u>	<u>Date</u>	<u>Location</u>	<u>Time</u>
<b>Afton</b>	Aug. 18	D.O.T- Conference Room	7-10 am
<b>Basin</b>	Oct. 15	Midway Clinic	6-9 am
	Oct. 16	Wyoming Retirement Center	7-10 am
<b>Buffalo</b>	Sept. 23	Veterans Home-Multipurpose Rm	7-10 am
<b>Burlington</b>	Sept. 12	Town Hall	7-10 am
<b>Casper</b>	Every Thurs.	WHF Home Office-115 S. Elm	7-11 am
	Aug. 4	Oil & Gas Commission-Hearing Rm.	7-9 am
	Aug. 11	Game & Fish- Pronghorn Rm.	7-10 am
	Sept. 2	Casper Workforce Center- Conf. Rm.	7-10 am
	Sept. 24	Dept. of Employment-3rd Floor	7-10 am
	Nov. 3 & 4	CC- Stausner Student Center Rm 217	7-10 am
	Nov. 10	D.O.T- Basement Classroom	7-10 am
<b>Centennial</b>	Aug. 14	Centennial Valley Community Church	7-10 am
<b>Cheyenne</b>	Every Thurs.	Indian Hills Center-611 Carlson #112	7-11 am
	June 2	Emerson Building- Auditorium	7-10 am
	June 3	Herschler Building-Room 1699	7-10 am
	Sept. 1 & 2	Herschler Building-Room 1699	7-10 am
	Sept. 9	Qwest Building- Pioneer Rm	7-10 am
	Sept. 16	Cheyenne Business Center- Room 1142	7-10 am
	Sept. 29 & 30	Cheyenne D.O.T.- Auditorium	7-10 am
	Oct. 2	Emerson Building- Auditorium	7-10 am

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<b>Cheyenne con't</b>	Oct. 13 & 14	Herschler Building- Room 1699	7-10 am
	Oct. 20 & 21	LCCC- Room CCI 123	7-10 am
	Dec. 2	Herschler Building- Room 1699	7-10 am
<b>Cody</b>	2nd Wed. Each Month	Cody Recreation Center	7-10 am
	Oct. 13	Courthouse- EOC Room	7-10 am
<b>Cokeville</b>	Aug. 19	Town Hall-Break Room	7-10 am
<b>Dubois</b>	Aug. 5-7	High County Senior Center	7-10 am
<b>Douglas</b>	July 17	Courthouse- Community Rm	7-10 am
	Oct. 10	Douglas Courthouse	8-11 am
	Oct. 12-17	Douglas Courthouse	8-11 am
<b>Evanston</b>	Sept. 17 & 18	State Hospital-Admin Bldg. Aud.	7-10 am
	Oct. 7-9	Evanston Machine Shop	6-10 am
	Oct. 10	Evanston Machine Shop	7-10 am
<b>Gillette</b>	Oct. 6	D.O.T- Conference Room	7-10 am
	Oct. 29	Campus of Sheridan College- Rm 167	7-10 am
<b>Glenrock</b>	Oct. 23 & 24	Glenrock Health Center	7-10 am
<b>Green River</b>	Oct. 7	WWCC- Multipurpose Rm	7-10 am
<b>Jackson</b>	Aug. 27	D.O.T.-Conference Room	7-10 am
	Aug. 28	Senior Center	8-10 am
<b>Kemmerer</b>	Aug. 20	Senior Center-Friendship Center	7-10 am
<b>Lander</b>	Sept. 3 & 4	Wy. Life Resource Ctr-Wind River Rm	7-10 am
<b>Laramie</b>	Every Wed.	Laramie Recreation Center	7-10 am
	Oct. 1 & 2	UW Classroom Bldg-East Lobby Area	7-10 am
	Nov. 5	UW Washakie Ctr-Rendezvous East Rm	7-10 am
<b>Lovell</b>	Sept. 14-19	New Horizons Care Center	7-10 am
<b>Lusk</b>	July 7	Senior Center- Lunchroom	7-10 am
	July 8	Wy. Woman's Center-Visiting Area	6:30-9 am
<b>Newcastle</b>	June 17	Honor Cons. Camp-Visitor's Center	7-10 am
	July 10	Senior Center-Banquet Rm.	6:30-10:30 am
	Oct. 9	Senior Center-Banquet Rm.	6:30-10:30 am

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<b>Pinebluffs</b>	Oct. 7	New High School-Gym	7-10 am
<b>Pinedale</b>	Aug. 21	Game & Fish-Main Entryway	7-10 am
<b>Powell</b>	Sept. 10 & 11	NWCC- Orendorff Lounge	7-10 am
<b>Rawlins</b>	Oct. 14	Rawlins Courthouse-Commissioners Rm	7-10 am
	Oct. 15	Rawlins Penitentiary-Admin Rm	7-10 am
<b>Riverton</b>	Nov. 19 & 20	CWC- Fremont Room	7-10 am
<b>Rock Springs</b>	Oct. 8 & 9	WWCC- Room 1003	7-10 am
<b>Sheridan</b>	Sept. 30	Wyoming Girls School- Gym	7-10 am
	Oct. 1 & 2	Sheridan College-Commons Building Mtn. View Rm	7-10 am
<b>Sundance</b>	Oct. 28	D.O.T.-Main Office	7-10 am
<b>Thermopolis</b>	Oct. 23	Pioneer Home- Kuiper Basement	7-10 am
<b>Torrington</b>	Sept. 23-25	Hospital-Multipurpose Rm	6-9 am
	Nov. 3 & 4	EWC Comm. Training Ctr.	6-9 am
<b>Worland</b>	Oct. 21	Boy's School-Conference Room	7-10 am
<b>Wheatland</b>	Sept. 18	Wheatland City Hall- Council Chambers	7-10 am





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