

Wyoming Healthfair Benefits for EqualityCare Clients



- 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> |
|----------------|----------------------|------------------------------------|--------------|
| Afton | May 4-6 | Afton High School Annex | 6-10 am |
| Alpine | May 2 | Alpine Fire Station | 6-10 am |
| Basin | Mar. 14 | Big Horn Clinic | 8-10 am |
| | Mar. 16-21 | Big Horn Clinic | 8-10 am |
| Bridger Valley | April 2 | Valley Learning Center | 6-10 am |
| | April 3 | Valley Learning Center | 6-10 am |
| | April 4 | Valley Learning Center | 7-10 am |
| Buffalo | Feb. 9-13 | Johnson County Fairgrounds | 7-10 am |
| Burns | Feb. 24 | Burns High School | 7-9 am |
| Casper | Every Thurs. | WHF Home Office-115 S. Elm | 7-11 am |
| | Mar. 9-14 | Blue Envelope- 115 S. Elm | 7-11 am |
| | Mar. 16-21 | Blue Envelope- 115 S. Elm | 7-11 am |
| Carpenter | Feb. 25 | Carpenter Elementary School | 7-9 am |
| Centennial | Mar. 7 | Centennial Valley Community Church | 7-10 am |
| Cheyenne | Every Thurs. | Indian Hills Business Center | 7-11 am |
| | 1st Tues. Each Month | County Health | 7-10 am |
| Cody | 2nd Wed. Each Month | Cody Recreation Center | 7-10 am |
| Encampment | Apr. 10 & 11 | Encampment Senior Center | 6-10 am |
| Glenrock | Apr. 17 & 18 | Glenrock Senior Center | 7-10 am |
| Greybull | Apr. 16 & 17 | Midway Clinic | 6-8 am |
| | Apr. 18 | Midway Clinic | 6-9 am |
| | Apr. 20 & 21 | Midway Clinic | 6-8 am |
| Hanna | Apr. 6 | Hanna Elementary | 7-9 am |
| Kaycee | Feb. 18 & 19 | Kaycee Clinic | 7:30-9:30 am |
| Laramie | Every Wed. | Laramie Rec. Center | 7-10 am |
| Midwest | Mar. 3 | Community Church | 7-9 am |

2009 Blood Screening Locations & Dates

| <u>Town</u> | <u>Date</u> | <u>Location</u> | <u>Time</u> |
|-------------|------------------|-------------------------------------|---------------|
| Newcastle | Jan. 16 | Senior Center Gym | 6:30-10:30 am |
| | Apr. 24 & 25 | Senior Center Gym | 6:30-10:30 am |
| Powell | Mar. 20 & 21 | Powell Valley Health-care Cafeteria | 6:30-10:30am |
| | Mar. 23-25 | Powell Valley Health-care Cafeteria | 6:30-10:30am |
| Saratoga | Apr. 7-9 | Platte Valley Community Center | 6-10 am |
| Ten Sleep | Mar. 6 | Ten Sleep Senior Center | 6:30-9 am |
| Thayne | May 7-9 | Thayne City Hall | 6-10 am |
| Thermopolis | Mar. 14 | Hot Springs County Hospital | 7-11 am |
| | Mar. 16-20 | Hot Springs County Hospital | 7-10 am |
| | Mar. 21 | Hot Springs County Hospital | 7-11 am |
| Torrington | Feb. 11-14 | Banner Health Hospital | 6-9 am |
| Upton | Apr. 23 | Senior Center Gym | 6:30-10:30 am |
| Worland | Mar. 7, 14, & 21 | Washakie Medical Center | 7-9 am |
| | Mar. 5 | Worland Senior Center | 6-10 am |



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