



# New Wyoming Healthfair Benefits for Clients

February 2005

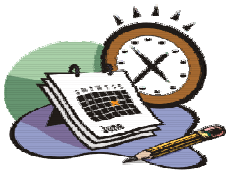
- ✿ Taking an active part in managing your health can result in a long fulfilling life. It is important that you participate in your health and healthcare.
- ✿ **For those 18 and older**, beginning February 1, 2005. You may attend any of the scheduled Wyoming Health Fairs blood draws in your community at no cost to you.
- ✿ Please check the attached calendar for upcoming dates and take advantage of this service. You will receive blood draw dates for the same tests from June 2005 through December 2005 in a later mailing. 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<sub>1c</sub> - Measures blood sugar control for up to 3 months before the test. This test is recommended twice a year for diabetics.





## Wyoming Health Fairs Blood Draw Locations & Dates

<u>Basin</u>	February 17, 18, 22 & 23	Basin Midway Clinic - Reception Area	6am - 9am
<u>Basin</u>	March 5 & 7	Big Horn Clinic in Basin	8am-10am
<u>Buffalo</u>	February 14-19	Catholic Rec Hall	7am-10am
<u>Bridger Valley</u>	April 14	Mountain View Senior Center	6am-11am
	April 15 & 16	Lyman Public Health	6am-11am
<u>Casper</u>	3 <sup>rd</sup> Thursday each month	WY Health Fairs Casper Office - 3500 CY Avenue #2	7am-10am
	March 28-April 9	Blue Envelope-112 South Beech	6am-10am
<u>Cheyenne</u>	3 <sup>rd</sup> Thursday each month	YMCA - 1426 E. Lincolnway	7am - 10am
	April 4-8	City/County Health Dept.-100 Central Ave.	6am-10am
	April 4-9 & 11-16	Creative Ministries-600 E. Carlson	6am-10am
<u>Glenrock</u>	April 29 & 30	Glenrock Senior Center-Downstairs	7am-10am
<u>Kaycee</u>	February 24 -25	Kaycee Clinic	7:30-9:30
<u>Laramie</u>	2nd Wednesday each month	Eppson Senior Center	7am - 10am
<u>Newcastle</u>	May 28th	Senior Center	6:30am- 10:30 am
	October 14, 15 & 22	Senior Center	6:30am- 10:30 am
<u>Powell</u>	March 12, 14-19	Powell Valley Health Care & Hospital	6:30 - 10:30
<u>Star Valley</u>	May 14	Alpine Fire Station	6am-10am
	May 16-18	Afton-Annex Gym	6am-10am
	May 19-21	Thayne City Hall	6am-10am
<u>Thermopolis</u>	March 5, 7, 12 & 11	Hot Springs Co. Memorial Hospital	7am - 10am
<u>Upton</u>	October 29th	Community Center	6:30am- 10:30 am
<u>Worland</u>	March 5, 12 & 19	Washakie Memorial Hospital	8am-11am
	March 10	Worland Senior Center	6am-10am
	March 11	Ten Sleep Senior Center	6:30-9:30

P.O. Box 667  
Cheyenne, WY 82003

Prsrt Std  
US Postage  
**PAID**  
Permit No. 7  
Cheyenne, WY

*For additional information contact Wyoming Health Fairs  
Toll free in WY: 1-800-979-3711  
On the web at: [www.wyominghealthfairs.com](http://www.wyominghealthfairs.com)*

