



New Wyoming Healthfair Benefits for Clients

June 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 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.





Wyoming Health Fairs Blood Draw Locations & Dates

<u>Afton</u>	August 23rd	D.O.T.—Conference Room	7a m—10 am
<u>Basin</u>	October 19th	Wyoming Center Retirement	7 am—10 am
<u>Buffalo</u>	September 28th	Veterans Home—Activity Room	7 am—10 am
<u>Casper</u>	3 rd Thursday each month	WY Health Fairs Home Office - 3500 CY Avenue #2	7 am—10 am
	August 10th	Game & Fish—Pronghorn Room	7 am—10 am
	August 16th	Oil & Gas Commission—Conference Room	7 am—10 am
	September 7th	Casper Workforce Center—Conference Room	7 am- 10 am
	September 29th	Employment Security Comm.—Main Floor	7 am—10 am
	November 8th & 9th	CC-Student Center	7 am—10 am
	November 15th	D.O.T.—Classroom Basement	7 am—10 am
<u>Centennial</u>	August 12th	Centennial Valley Fire Department	7 am—10 am
<u>Cheyenne</u>	3 rd Thursday each month	YMCA - 1426 E. Lincolnway	7 am—10 am
	June 9th	Emerson Building-Auditorium	7 am—10 am
	June 23rd & 24th	Herschler Building—Room 1699	7 am—10 am
	July 7th	Hathaway Buliding—Basement Auditorium	7 am—10 am
	August 24th	Cheyenne Business Center—Room 1142	7 am—10 am
	August 25th & 26th	Herschler Building—Room 1699	7 am—10 am
	August 31st	Qwest Building—4th Floor	7 am—10 am
	September 19th	D.O.T. Auditorium	7 am—10 am
	October 5th	Emerson Building—Auditorium	7 am—10 am
	October 6th & 7th	D.O.T.—Auditorium	7 am—10 am
	October 19th	Cheyenne Business Center—Room 1142	7 am—10 am
	October 27th & 28th	Herschler Building—Room 1699	7 am—10 am
	December 8th & 9th	Herschler Building—Room 1699	7 am—10 am
<u>Cody</u>	October 20th	Courthouse 0 EOC Room	7 am—10 am



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<u>Douglas</u>	July 13th	Courthouse—Community Room	7 am—10 am
	October 1st & 3rd-8th	Courthouse—Basement	8 am—11 am
<u>Dubois</u>	August 1st -3rd	High Country Senior Center	7 am—10 am
<u>Evanston</u>	August 31st & Sept. 1st	State Hospital—Admin. Building Auditorium	7a m—10 am
	September 7th	Senior Center	7 am—10 am
	September 8th—10th	Evanston Regional Hospital	7 am—10 am
<u>Gillette</u>	October 5th	D.O.T.—Conference Room	7 am—10 am
	November 3rd	Campus of Sheridan College—Room 167	7 am—10 am
<u>Glenrock</u>	November 5th & 9th	Glenrock Health Center	7 am—10 am
<u>Green River</u>	September 15th	WWCC—Gym Room 217	7 am- 10 am
<u>Greybull</u>	October 18th	Basin Midway Clinic	6 am—9 am
<u>Jackson</u>	August 3rd	D.O.T.—Conference Room	7 am—10 am
	August 4th	Senior Center	7 am—10 am
<u>Kemmerer</u>	August 25th	Senior Center-Friendship Center	7 am—10 am
<u>Lander</u>	September 21st & 22nd	Miller Training Center—Wind River Room	7 am—10 am
<u>Laramie</u>	2nd Wed. Each Month	Eppson Senior Center	7 am—10 am
	September 8th & 9th	UW Half Acre Gym	7 am—10 am
	October 25th & 26th	UW Half Acre Gym	7 am—10 am
	November 29th & 30th	UW Half Acre Gym	7 am—10 am
	December 6th & 7th	UW Half Acre Gym	7 am—10 am
<u>Lovell</u>	September 17th & 19th-24th	New Horizons Care Center	7 am—10 am
<u>Lusk</u>	July 12th	Senior Center—Lunchroom	7 am—10 am
<u>Newcastle</u>	July 26th	Honor Cons. Camp—Visitor's Center	7 am—10 am
	October 14th & 15th	Weston County Senior Services	7 am—10 am
	October 22nd & 29th	Weston County Senior Services	7 am—10 am
<u>Pinedale</u>	August 24th	D.O.T.—Team Room	7 am—10 am



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<u>Powell</u>	September 13th & 14th	NWCC—Orendorff Lounge	7 am—10 am
<u>Rawlins</u>	July 7th	Jeffrey Center—West Room #2	6 am—9 am & 2 pm—4 pm
<u>Riverton</u>	October 26th & 27th	CWC—Gymnasium	7 am—10 am
<u>Rock Springs</u>	September 13th & 14th	WWCC—Room 1006	7 am—10 am
<u>Sheridan</u>	October 4th	Wyoming Girls School—Gym	7a m—10 am
	October 5th & 6th	Sheridan College—Golden Dome Lobby	7 am—10 am
<u>Sundance</u>	November 2nd	D.O.T.—Engineering Draft Room	7 am—10 am
<u>Thermopolis</u>	October 13th	Pioneer Home—Kuiper Basement	7 am—10 am
<u>Torrington</u>	November 1st & 2nd	EWCC—Room 131-132	6 am—9 am
<u>Wheatland</u>	September 21st	Town Hall	7 am—10 am
<u>Worland</u>	October 12th	Boy's School—Conference Room	7 am- 10 am

P.O. Box 667
Cheyenne, WY 82003

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

