

Northwest Insulation Workers Welfare Trust

INVITES YOU AND YOUR ELIGIBLE DEPENDENTS
TO PARTICIPATE IN THE

COALITION HEALTH FAIRS 2016

SATURDAYS FROM 8AM – 12 NOON

Kent

October 1st

IBEW Local 46 Electrician's Hall
19802 62nd Ave. S. Suite 105
Kent, WA 98032

Bothell

October 29th

IUOE Local 302 Union Hall
18701 120th Ave. NE.
Bothell, WA 98011

Be good to yourself and your family!
Regular health screenings can help you learn about your health
and detect potential problems early.

LAB TESTS AVAILABLE AT THE HEALTH FAIR

Testing is available to adults over age 18 and includes all of the panels listed below. Test results will be sent to you directly. Due to demand, pre-registration is required. Pre-registration opens on **August 15th** at www.coalitionhealthfair.org and **closes three Thursdays before each fair**.

If you need assistance pre-registering online, call the Administration Office at 1-844-811-6789, option 4, between 9 am and 5 pm Monday – Friday. *Note: You must be eligible for benefits on the day of the fair in order to have your tests 100% paid for by the Plan.*

CHEMISTRY / HEMATOLOGY PROFILE: NO COST TO YOU – 100% PAID FOR BY YOUR PLAN

This is a comprehensive blood test that screens kidney function, liver enzymes, electrolyte (salt) imbalance, diabetes, tissue disease or damage, coronary heart disease and more. In order to obtain valid results, it is recommended that you fast for 12 hours before testing. Fasting means no food or drink except water. (Diabetics should NOT fast. In all cases, prescription medication should be taken.)

THYROID SCREEN: NO COST TO YOU – 100% PAID BY YOUR HEALTH PLAN

You may want to do this test if you have a family history of thyroid problems, if you are a female over age 45, or if you are experiencing unexplained weight loss or gain, depression, memory loss, or have a swollen thyroid.

PROSTATE DISEASE SCREEN: NO COST TO YOU – 100% PAID FOR BY YOUR PLAN

Men, especially those of African descent and men with a family history of prostate cancer, should start screening at age 40.

VITAMIN D TEST: NO COST TO YOU – 100% PAID FOR BY YOUR PLAN

This test is for those who are on a Vitamin D regimen or who are considering Vitamin D supplements.

FLU SHOTS: Flu shots will be offered to eligible participants age 9 and over at no cost to you – 100% paid by the Alaska Coalition.

This health fair is brought to you by your Health Plan, through its participation in the Health Care Cost Management Corporation of Alaska (the Coalition).