

Cement Masons & Plasters Health and Welfare Trust

INVITES YOU AND YOUR ELIGIBLE DEPENDENTS
TO PARTICIPATE IN THE

COALITION HEALTH FAIRS 2017 SATURDAYS FROM 8AM – 12 NOON

Kent: **October 28th**
 IBEW Local 46 Electrician's Hall
 19802 62nd Ave. S., Suite 105
 Kent, WA 98032

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 14th** at www.coalitionhealthfair.org and closes **three Thursdays before each fair**.

If you need assistance pre-registering online, call the Administration Office at 1-206-441-7574, 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 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 FOR BY YOUR 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.

* Please note that this year, neither vitamin D testing nor biometric screenings will be provided.

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. Vouchers will not be available.