

FREE HEALTH SCREENING EVENT

MEMBERS, SPOUSES, ADULT DEPENDENTS (18+) AND RETIREES COVERED UNDER THE PLAN



COLOGAUGE AT HOME TEST KITS
Offered Onsite!

NEW THIS YEAR

TOTAL TESTOSTERONE TESTING

Get answers. Take control. Optimize your health.

- Low energy & fatigue?
- Low muscle mass?
- Weight gain & stubborn fat?
- Low drive & focus?

COLON CANCER TEST KIT
Early detection saves lives.
Offered Onsite!

A simple test you can do at home for peace of mind.

GET SCREENED. GET CLEAR ANSWERS.

 **Thursday, October 8th**  **7:00 AM - 1:00 PM**

Friday, October 9th

Saturday, October 10th

 **IRON WORKERS LOCAL 67**
APPRENTICESHIP TRAINING CENTER
2221 E Ovid Ave
Des Moines, IA 50313



JON JOHNSON - SHEET METAL 45 MEMBER

"My family and I are so thankful for the Local providing these life changing services at the annual health fair. I am a healthy 55 years old, and had no idea that I had critical blockage in my neck, putting me at risk of a stroke. I could literally be a stroke victim now if not for these tests. All of my union brothers and sisters need to participate in this yearly event. Its quick, easy, and extremely comprehensive and it doesn't cost you a dime!"

SCHEDULE YOUR APPOINTMENT (REQUIRED)



Health Gauge (515) 244-3080



<http://iw67smw45.timetap.com>



Scan the QR code

See reverse for list of screenings offered

HEALTH SCREENINGS

8-HR Fast Required. Can have water, black coffee, unsweetened tea & take all medications like normal.

Ultrasound

Carotid Artery

Visualizes the buildup of fatty blockage in the carotid arteries (neck). This condition causes the majority of strokes.

Peripheral Artery Disease (ABI)

Checks for blockages in the legs. Abnormal results indicate high risk of coronary artery disease and peripheral artery disease.

Abdominal Aortic Aneurysm (AAA)

Visualizes the existence of an aneurysm in the abdominal aorta, which could rupture and be fatal.

Biometrics & Blood Tests

Full Chemistry Panel with Glucose

Lipid Panel

Hemoglobin A1c

Complete Blood Count w/ Platelets

Prostate Specific Antigen Test (PSA) - Men

Thyroid Stimulating Hormone (TSH)

High Sensitivity C-Reactive Protein (hs-CRP)

Total Testosterone

Vitamin D

Blood Pressure/Pulse

Height/Weight

Body Mass Index

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PRE-EVENT

- **Sign up** for your screening appointment using the online scheduling system or call the number for our dedicated scheduling center. (All info below.)



DAY OF EVENT

- You will be **greeted** by our staff and asked to sign a consent form. We are **happy to answer** any questions you have about the process.
- You will be guided to each screening station and will receive an **explanation of screenings** and results as you go through the event.
- All **ultrasound screening** results will be provided to you at the event.



POST-EVENT

- Results from **all screenings** will be available in our secure online portal in 10-14 business days.
- Participants who were identified with health risks are supported with **follow-up** options.



YOUR HEALTH
IS OUR PRIORITY