***WELLNESS HEALTH FAIR™***

**Date**:

**Time:**

**Place**:

**Questions**:

**Additional Information on** [**www.WellnessHealthFair.com**](http://www.WellnessHealthFair.com)

**Screenings Available**

People 18 and older, from all walks of life, income levels and social background are invited to participate in the ***Wellness Health Fair™.*** Results and how to read the results are delivered directly to the participants. Participants are encouraged to share their results with their primary care physician for further treatment and diagnosis.

**Note: If you are having blood tests, fast for 12 hours before the blood draw.**

**Basic Screenings**

***Wellness Health Panel (Blood Draw)***

This screening provides baseline levels of your cholesterol, blood glucose, liver, kidneys, thyroid and more. These screenings give you a general picture of your overall health by checking your white blood cells, hematocrit, hemoglobin levels and clotting abilities. Your body’s ability to fight infection, anemia, liver disease can be discovered with this screening. These tests are for you and your doctor, to monitor your health and prevent health issues from becoming emergencies. In order to receive the most accurate results **do not eat for 12 hours** prior to attending the health fair. Drink plenty of water, take your medications. If you are diabetic, do not fast. ***(Cost: $40.00)***

**Prostate Specific Antigen (PSA) (Men Only Blood Draw)**

Recommended for older men with risk factors, or all males 50 or older. PSA is a blood screening that detects a protein that is produced only in the male prostate gland. Elevations of PSA may occur with non-cancerous prostate diseases or prostate cancer. A normal PSA does not exclude the possibility of prostate cancer. A digital rectal examination is strongly recommended with PSA screening, but is not currently offered. All elevated values should be reported to your health care provider for further evaluation. ***(Cost: $25.00)***

**Blood Count Screening (Blood Draw)**

This screening gives you a general picture of your overall health by checking your white blood cells, hematocrit, hemoglobin levels and clotting abilities. Your body’s ability to fight infection, anemia, liver disease can be discovered with this screening. **(Cost: $15.00)**

**Blood Pressure Screening:**

Blood pressure is the force in the arteries when the heart beats (systolic pressure) and when the heart is at rest (diastolic pressure). Blood pressure can fluctuate with injury, exercise, illness and emotional reactions. If the participant’s blood pressure falls outside the recommended ranges, further evaluation by a healthcare provider is encouraged.

**Pulse Oximetry:**

A simple non-invasive screening that measures the percentage of oxygen of the blood. This number is obtained by placing an oximeter on the finger which reads the percent of hemoglobin that is saturated with oxygen. Hemoglobin is the primary transporter of oxygen in the blood. An oximeter can detect low blood oxygen before it can lead to lung and heart problems.

**Vision and Hearing**

**Lung Function Screening:**

Find out if you have breathing issues such as asthma, Chronic Obstructive Pulmonary Disease (COPD) and pulmonary fibrosis with this screening, that assesses the amount (volume) and/or speed (flow) of air that can be inhaled and exhaled.

**Height/Weight/Body Mass Index (BMI) Screening:**

Learn if you are underweight, overweight or average weight with this screening. Body Mass Index is the measurement of an individual’s height and weight to identify the health risk.

**Body Fat Skinfold Screening:**

Find out your body fat levels with this screening with skin, muscle and fat thickness.Maintaining good body fat and muscle, facilitates overall strength and metabolism, reducing your risk of injury.

**Talk with a Health Professional:**

Provides the opportunity to speak one on-one with a professional and ask questions about any health issue concerning you or your family. During this session the health individual may review the person’s overall health and recommend further evaluation setting realistic goals with the individual’s resources.

***Acknowledgement and Disclaimer:***

*Wellness Heath Fair is brought to you as a community service by faith based people who seek to empower you in your health care decisions, by working to facilitate access to health screening and health care services.*

*Visit our website at* [*www.wellnesshealthfair.com*](http://www.wellnesshealthfair.com)