

Notice regarding *AlaskaCare* Health Fairs

In an effort to optimize your health fair experience and reduce the length of the line for Registration and Labs, we would like to make a couple of changes this year.

1. We would like all members to **pre-register for the labs** for the specific day and location they will be attending. Please also note if you would like a **flu shot** if you are attending the Fairbanks, Ketchikan or Juneau fair. Flu shots are free at these locations. Flu shots will NOT be available at Nov7-8th Anchorage Health Fairs - but there will be FREE Drive through Flu Shot Clinics available in Sept-Oct. at Alaska Regional Hospital.
2. **NO FASTING REQUIRED!** Lab work which includes a **lipid panel** and **HbA1c** does not require fasting. These non-Fasting labs have been researched and studies have shown no significant difference in fasting and non-fasting results. Physician Specialists have approved this lab profile to be appropriate as a screening to help diagnose Diabetes/Pre-Diabetes and risk for Heart Disease. **Note: HbA1c will be used to determine Diabetes risk. Additional labs include basic chem panel (glucose testing will not be performed), CBC, and Vitamin D.**

✓ Pre-registration options:

- Preferred method – register on line. Log on to State of Alaska website- <http://doa.alaska.gov/drb/alaskaCare/healthFairs/>
- Telephone in your information (leave a message with info – shown below)
 - (907) 264-1313
 - 1-844-569-1313
- FAX to Alaska Regional attn: Ruth Townsend (907) 264-1379
- Email to: akregionalnews@HCAHealthcare.com
- Come in person to and complete paper form:
Alaska Regional Hospital
Health Management Center
2751 DeBarr Road - Bldg B Suite 250

Make sure you have received confirmation of your pre-registration prior to the health fair.

When you pre-register please complete the following – legibly if written; clearly if spoken:

1. First name (Proper Name not Nickname)
2. Middle Initial
3. Last Name
4. Date of Birth
5. Gender
6. Street address
7. City
8. State
9. Zip
10. Phone #
11. Date of Health Fair
12. City location of Health Fair
13. Email address (for confirmation, reminders, future event, important info)

- ❖ **Flu Shot** (Fairbanks, Ketchikan, Juneau ONLY) Y_____ No_____ (note in the “bringing a guest box” if you are registering online)

Thank you so much for your help with this. Our intention is to improve the Health Fair process for you and help us operate more smoothly.

*Ruth Townsend,
Director of Health & Well-being Solutions - Alaska Regional Hospital*