



2009 Adams State College Wellness Fair

Tuesday, October 27, 2009

Blood draw from 7:00 am to 9 am only! Fitness screens continue until 11:00 am!
Please join us for a great event! Participate in blood analysis screens and other health screens!

Student Union Bldg Room A126-131

Chem Screen/TSH/Lipid Profile/IBC	Free!
Screening shows Cholesterol, Triglycerides, HDL, LDL, Coronary Risk, and Glucose (Blood Sugar) As well as 25 other tests including your thyroid stimulating hormone and your iron binding capacity	
CBC - Complete Blood Count	Free!
Screening presents an overall blood health check and looks for infection, anemia and early signs of leukemia 12 Hour fasting required for these free tests above. Water and only lots of water before draw!	
SELF PAY OPTIONS!	
PSA Prostate Specific Antigen FOR MEN	\$35
Prostate specific antigen tests for levels of a protein only produced by the male prostate Elevated levels of PSA may indicate prostate disease. Test is recommended for men over 50 or have a family history of prostate disease	
Hemoglobin A1c	\$40
This is the new standard in managing your health and blood sugar levels The test is a 3 month average level glucose screening showing your blood sugar levels over time	
Cardio C-RP	\$45
Known as cardio reactive protein that tests for inflammation of the heart muscle This test shows the likelihood of plaque rupturing and causing a heart attack!	
NO FASTING REQUIRED FOR ALL SELF PAY TESTS	
Checks and Cash O.K.	
Other Free Tests	
Skin Analyzer	Free!
A machine that uses black light lamp technology to identify types of skin conditions including pigmentation problems, sun damage, and dehydration of the skin	
Blood Pressure	Free!
Measurement of systolic and diastolic output of the heart	
Body Composition	Free!
Omron HBF-306 is a hand held machine that measures the participants % of body fat by electrical impedance	
Blood Oxygen Saturation	Free!
The oximeter measures the percent of saturation of oxygen circulating in the blood	
Pulmonary Function Testing	Free!
A handheld unit by NIHON that screens for pulmonary dis- function Applicant blows into it for 5 seconds	
Bone Density	Free!
A DEXA scan that takes the measurement through the arm using a portable x-ray machine. This test is only recommended for women and men typically do not need to do this test.	
Height and Weight	Free!
Free standing height boards are available for accurate height measurement. Easy to read balanced scales with up to date weight charts considering a person's gender, height and frame size are available	

REMEMBER ! Fast 12 Hours (Diabetics should not fast)
Drink Plenty of Water
Take all Prescribed Medications