

FREE HEALTH SCREENING EVENT

MEMBERS, SPOUSES, RETIREES COVERED UNDER THE HEALTH PLAN

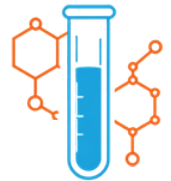
HORMONE**GAUGE** **NEW THIS YEAR**
KNOW YOUR HORMONES.
KNOW YOUR HEALTH.

MEN'S & WOMEN'S HORMONE PANELS AVAILABLE

MEN'S PANEL

**TOTAL
TESTOSTERONE
INCLUDED**

SCHEDULE YOUR APPOINTMENT TODAY



 **Friday, September 18th,
Saturday, September 19th**

 **IRON WORKERS LOCAL 67
TRAINING CENTER**

2221 E Ovid Ave
Des Moines, IA 50313

 **7:00 AM - 1:00 PM**



— **Brad G.**

Laborers Local 177 | Business Manager

"I'm proud to help bring Health Gauge screenings to our Local 177 members, and I participate in the screenings myself because I believe in their value. Over the years, I've seen firsthand how these screenings have made a real difference. We have had members whose lives were saved because a serious health issue was detected early, often before they had any symptoms. I've also watched many members make meaningful lifestyle changes after learning about their health risks, leading to dramatic improvements in their health and quality of life. This is one of the most valuable benefits our Health Fund provides at no cost to eligible members. I strongly encourage all eligible members take advantage of this opportunity."

SCHEDULE YOUR APPOINTMENT (REQUIRED)



Health Gauge (515) 244-3080



<https://linktr.ee/laborers177>



Scan the QR code

*See reverse for list
of screenings offered*

HEALTH SCREENINGS

FASTING **OPTIONAL**. NOT REQUIRED.

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

Biometrics

Height, weight, waist circumference, body mass index (BMI), blood pressure.

Lipid Panel with Glucose and Full Chemistry Panel

Provides high-level evaluation of the body's major organ functions.

Hemoglobin A1c

Average blood sugar (glucose) for the last 3 months. Primary screening tool for prediabetes, type 1 diabetes, and type 2 diabetes.

Complete Blood Count w/Platelets

Measures key components of your blood to help identify signs of anemia, infection, and other health concerns.

High Sensitivity C-Reactive Protein (hs-CRP) Test

Measures inflammation in the body that may indicate an increased risk of heart disease.

Men's Hormone Panel

- Total Testosterone
- Free Testosterone (calculated)
- SHBG
- DHEA-S
- TSH
- Albumin
- Cortisol
- Total PSA

Women's Hormone Panel

- Cortisol
- DHEA-S
- FSH
- Progesterone
- Free T4
- hs-TSH
- Vitamin B12
- Vitamin D, 25-Hydroxy
- Free T3
- LH
- Estradiol
- Prolactin



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.

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YOUR HEALTH
IS OUR PRIORITY