HEALTH GAUGE

FREE HEALTH SCREENING EVENT

IBEW LOCAL 231 BI-ANNUAL HEALTH & WELFARE BLOOD SCREENING

MEMBERS, SPOUSES, DEPENDENT'S 18+ COVERED UNDER THE HEALTH PLAN

KNOW YOUR NUMBERS.
KNOW YOUR HEALTH.

MEN'S PANEL INCLUDES PROSTATE SPECIFIC ANTIGEN (PSA)

MEN'S PANEL
PROSTATE-SPECIFIC ANTIGEN (PSA) INCLUDED

SCHEDULE YOUR APPOINTMENT TODAY

Friday, December 11th

12:00PM - 7:00PM

IBEW LOCAL 231 UNION HALL
5001 Harbor Dr.
Sioux City, IA 51111

— Rick Plathe
IBEW Local 231 | Business Manager

Your health is your greatest asset, and taking care of it starts with being proactive. We encourage everyone to participate in this health screening because early detection can make all the difference—not just for you, but for the family and loved ones who count on you every day

SCHEDULE YOUR APPOINTMENT (REQUIRED)

Health Gauge (515) 244-3080

https://hgscreenings.com/ibew231/

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.

Prostate-Specific Antigen Test (PSA) for Men
Measures prostate-specific antigen (PSA) levels to help detect potential prostate abnormalities, including changes that may warrant further evaluation for prostate cancer.



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.

SCHEDULE YOUR APPOINTMENT (REQUIRED)

Health Gauge (515) 244-3080

https://hgscreenings.com/ibew231/

Scan the QR code

YOUR HEALTH IS OUR PRIORITY