

# WELLNESS FAIR

## 2006

This health fair is for participants in the State of Nevada PEBP self-funded PPO plan (currently employed or retired) and their covered spouses and dependents 18 and older.

Bring your 2006 or current State of Nevada PEBP ID card for entry to the Wellness Fair.

No appointment necessary. For additional information call: **Jayme Graney at (775) 982-5081.**

### THESE ITEMS WILL BE OFFERED:

**Blood Chemistry Panel:** 10-12 hours prior fasting is required. Please drink water and take medications. Tea and decaffeinated black coffee are OK. No charge with PEBP ID card.

**PSA:** A lab test for prostate cancer screening, suggested for men over 50. No charge with PEBP ID card.\* No other lab tests available. Results mailed to your home within 3-4 weeks.

**Blood Pressure Check**

**Body Fat Analysis & Weight Check**

**Health Assessment Questionnaire**

**Flu Shot:** No charge with PEBP ID card.\*

**Pneumonia Shot:** Must be 65 or older. No charge with PEBP ID card.\*

**Health Education and Wellness Materials**

### \*Wellness Benefit Reminder

*The Prostate Specific Antigen (PSA) blood test, flu and pneumonia shots will be deducted from each participant's \$2,500 annual wellness benefit.*

*If your wellness benefit is depleted at the time of the Wellness Fair, you will be billed for the cost of these services. For **questions** regarding your wellness benefits, please call Benefit Planners at (877) 963-8232.*

## Caliente

**November 13, 2006**

**8 a.m. – 10 a.m.**

**Olson Senior Center**

**240 Front St.**

*Hometown  
Health*   
It's your hometown

