

# CORE PURPOSE: PROMOTE HEALTH AND SAVE LIVES

Alaska Health Fair is a nonprofit serving Alaskans since 1980. Our Health Fairs offer free health education, health screenings, and affordable blood tests. Around 25,000 Alaskans attend Health Fairs each year.

Alaska Health Fair was founded on the dream of a physician who believed that the road to longevity rests in healthy lifestyles, which develop, in part, through education and screenings.

# Health Fair Schedule at: www.alaskahealthfair.org

If you are interested in having a Health Fair or would like more information, please call us (907) 278-0234 in Anchorage/Statewide, (907) 374-6853 in Fairbanks, and (907) 723-5100 in Juneau.

Main office: Alaska Health Fair, Inc. 720 W. 58th Ave. Unit J Anchorage, AK 99518

## **Health Fair Team:**

Hundreds of Volunteers & Health Educators supported by:

Andrei Chakine, Executive Director <a href="mailto:ahfair@ak.net">ahfair@ak.net</a>, (907) 278-0234

Betty Rieth, Program Director South Central, Southeast & Worksite Wellness ahfsc@gci.net, (907) 278-0234

Joan Ryan, Assistant Program Director <a href="mailto:ahfapd@gci.net">ahfapd@gci.net</a> (907) 278-0234

Sharon Phillips, Program Director Tanana Valley & Northern Regions <a href="mailto:ahfrur@gci.net">ahfrur@gci.net</a>, (907) 374-6853

# Thank you for keeping Alaska Health Fair strong, and Alaskans - healthy!

We are 36 years old, and we are still going strong all thanks to donations from Alaskans like you! Thank you!

100% of your donations goes towards services for Alaskans. Your support makes a huge difference... Postage alone for delivering blood test results to Health Fair attendees exceeds \$9,000 annually. It's easy to support AHF – send us a check or call us to make a donation with a credit card.







## What is a Health Fair?

Education, screenings and comprehensive affordable blood tests are the primary focus of our Health Fairs.

# The Health Fair Model Emphasizes

- Community self-reliance and coordination
- Trained medical volunteers
- Quality, customer-centered service
- Emphasis on education, screenings, personal health counseling, follow-up
- All services provided in one place at one time with standard procedures to ensure quality

# **Connect with Experts & Resources**

Health Fairs can be held in schools, community centers, malls, hospitals and in a place of business. Health Fairs are extremely successful because they are co-organized by the local community or agency. Communities come together and enhance the success of the Health Fair by providing local experts in a variety of medical fields as well as promoting local resources available to the participants.



# Discover the Original Health Fairs

Statewide in the Spring & Fall

#### **Private Affordable Blood Tests**

## **Privacy and Security of Your Test Results**

We do not share your blood test results information with anyone. When you do your tests with AHF, results are mailed directly to you. You can take them to your doctor.

Thousands of Alaskans take advantage of our blood tests each year. We work with PAML, one of the top ranking laboratories in the nation, to bring you the most affordable, comprehensive blood tests in Alaska!

# **Blood Test Pricing**

- Comprehensive Blood Chemistry Screen, 27 Panels: covers infection, anemia, liver disease, clotting ability, kidney and adrenal function, liver function, bone disease, tissue disease and damage, heart function, liver function, muscle function, and coronary heart disease – \$45
- Thyroid Screen \$30
- Prostate Disease Screen \$25
- Vitamin D Screen \$50
- A1C Diabetes \$25
- Blood Typing \$20



# **Preventative Screenings**

Blood Pressure, Height and Weight, Vision, Screenings, Oral Cancer Screening, Special Screenings (like skin cancer, podiatry, chiropractor, etc.) when available.

## **Health Education**

We have hundreds of health education learning centers, blue boards, displays, brochures, games and other resources. All are available for borrowing at no cost.

# Health Fair Schedule at www.alaskahealthfair.org

Alaska Health Fair is a proud Partner of United Way of Anchorage, United Way of Tanana Valley, and United Way of Southeast Alaska



Find us on: Pick.Click.Give.