

# 2020 COALITION HEALTH EVENTS



COVID-19 is disrupting our daily lives – but it is more important than ever to pay attention to your health. Although we cannot gather for a traditional health fair, the Coalition is offering alternative health event services to help.

Pre-register at [www.coalitionhealthfair.org](http://www.coalitionhealthfair.org). These services are provided at no cost for eligible health plan participants.

## GET YOUR FLU SHOT!

Quadrivalent flu shots are available via drive-thru events held in Anchorage, Fairbanks, Mat-Su Valley, and Soldotna. Go to [www.coalitionhealthfair.org](http://www.coalitionhealthfair.org) to see locations, dates, and times and to pre-register. Flu shot vouchers will be available for participants in Juneau. You must be age 9 or older to receive a flu shot (age 18 in Soldotna).

Why get a flu shot? Getting a flu vaccine will, not only reduce your risk from flu but also help to conserve potentially scarce health care resources. It is crucial to reducing the spread of the flu virus. This is especially important if you come in contact with anyone who may be immunosuppressed, pregnant women, young children, or elderly adults.

## FLU SHOT FACTS

- Each flu shot will protect you for one flu season.
- It takes about 2 weeks for the vaccination to build up resistance in your body, which is why it is better to get vaccinated during the early part of the flu season.
- By getting vaccinated you will be 60% less likely to need treatment for the flu.
- Flu shots have been given for many years and are closely monitored by the CDC and FDA. They have a very good safety track record.

## REGISTER FOR YOUR FREE IN-HOME LAB KIT!

Blood testing is available this year through a convenient in-home kit.

- The easy to use kit will provide lab results for Lipids & Glucose screening includes A1C, Thyroid screening and Prostate Disease screening for men 40 and older. A1C test will provide your average blood glucose levels for the past 2 to 3 months.
- Available to participants age 18 or older.
- Pre-register to sign up for an in-home kit. It will be mailed to you, and you will return the kit with a postage paid return envelope.

