



Dear Valued Participant,

Welcome to Wyoming Health Fairs! We appreciate being a partner in your journey toward wellness. To ensure a successful campaign, please read through this letter.

First, the items below outline not only what is covered by the insurance plan but what is required by the plan:

- ✓ **Wellness Screenings:** Screenings will include Chemistry Panel, Hemogram with Diff, A1C, CRP, Vitamin D, Thyroid Panel (Women), PSA (Men), and Nicotine (Blakeman employees only).

To meet completion for your campaign, you can either attend an event if scheduled with your employer or you can attend a regularly scheduled WHF event in your area. We have scheduled appointments available at all WHF events. If you plan to attend a WHF event in your area, you will be required to present a voucher. Vouchers will be emailed to your employer for distribution. Please identify yourself as insured with the **Wyoming Chambers Health Benefit Plan** while attending these events so that, together with WHF, all requirements are met for the completion of your plan.

In advance of your appointment, it is important to know what to expect and how to prepare:

- Being hydrated is vital to a successful blood draw. Please drink extra water in the days leading up to your draw. Avoid caffeinated beverages as they act as a diuretic.
- Fasting is recommended for 12 hours **unless you are diabetic**. If you are diabetic, follow the fasting instructions from your physician. You can continue to drink water, while you fast.
- Take any medications as usual, if you can do so on an empty stomach (if you are fasting).
- You will receive reminders about your appointment in the email you enter when scheduling.
- Please be prepared to verify your health record and identify the screenings you intend to order.
- Our staff will welcome all insight you can offer about your previous blood draws. In these circumstances, we will spend additional time to make your blood draw comfortable.
- You can expect to be treated with friendliness and respect. In return, we ask for your patience and understanding.
- Your results will be available online within 3-5 business days and a copy will be mailed to you within 7-10 business days. Due to the nicotine requirement for Blakeman participants, results may take 7-10 business days to be available online and 10-14 business days for the results to be mailed.
- Your completion status (not health data) will be reported to your employer throughout the campaign.

If you have questions about additional screenings, please contact Wyoming Health Fairs at 800-979-3711 Monday through Friday from 8:00 am to 4:00 pm.

Thank you and be well.

Your WHF Team

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