



**FOR IMMEDIATE RELEASE**

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**MAKE YOUR HEALTH A PRIORITY: ATTEND A 9HEALTH FAIR THIS SPRING**  
*Over 140 Screening Locations Hosted Throughout Colorado*

**Denver, CO** — The opportunity for a comprehensive check of your health in a convenient setting is just around the corner! With more than 20 free and eight low-cost health screenings offered for people to keep their health in check, over 140 communities are gearing up to host a 9Health Fair, open to anyone 18 and older. Fairs begin as early as March 16 - check the 9HealthFair.org website for a location near you.

New tests being unveiled at select 9Health Fair locations this year are a Gluten Sensitivity screening (\$45) and a Hepatitis C screening (\$25). The Centers for Disease Control and Prevention recently recommended a one-time test for Hepatitis C for anyone born from 1945-1965.

“In an effort to empathize with our community’s emerging health issues and to promote relevant health recommendations, we are excited to offer these new screenings,” said Jim Goddard, President and CEO of 9Health Fair. “And as always, you can also expect to see the same high quality screenings from years past as we look to help our participants celebrate life. We continue to encourage Coloradans to rally their family, friends and neighbors to own their health at a 9Health Fair in 2013 and beyond.”

In addition to offering free and low-cost health screenings that address today’s most critical health issues, including heart disease, diabetes, colon cancer, cervical cancer, prostate cancer, mental health and more, 9Health Fair also offers:

- Screening results, with information on how to read your results, mailed directly to your home for you to share with your doctor. Results are delivered within four weeks of your 9Health Fair visit.

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- Calls from volunteer doctors and nurses within 72 hours of your 9Health Fair to people if a critical health issue is discovered
- Free interpretation and translation services
- Free “Ask A Medical Question / Get A Referral” services
- Free health education from hundreds of local organizations
- Free blood work vouchers available for your community’s underserved
- No social security number or personal identification required

Also new this year is the 9Health Fair Express at Pepsi Center presented by Quest Diagnostics on April 19th and 20th. This fair will offer limited screenings such as the Blood Chemistry Screening and is designed to be a simple and quick way to try out a 9Health Fair.

All 9Health Fair locations include a \$30 Blood Chemistry Screening which gives you information on your blood sugar (glucose), cholesterol, triglycerides, liver, kidney, bone and muscle function and may show warning signs of diabetes, heart disease and other concerns. Other low-cost screenings include a \$25 Prostate Specific Antigen (PSA) screening for men, which checks for prostate gland issues and cancer, a \$15 Blood Count screening, which checks the health of your blood, a \$40 Vitamin D screening, which measures your baseline Vitamin D level, a \$25 Hemoglobin A1C screening that gives you an average blood sugar level over the past 2 to 3 months, and a \$20 Colon Cancer Screening Take Home Kit, which checks for colon cancer. Free screenings such as Blood Pressure, Breast Exams, Prostate/Testicular, Ask a Medical Question, Ask a Pharmacist, Osteoporosis, Oral, Hearing, Foot, Skin and more are offered at specific locations, as well.

In preparation to attend a 9Health Fair, be sure to drink plenty of water, fast for 12 hours if you plan to have your blood drawn (unless you are diabetic), and continue taking prescribed medication. “Drinking plenty of water the night before and morning of your 9Health Fair is really the best way to prevent any issues during your blood draw experience,” Goddard said.

Each year, 19,000 9Health Fair volunteers serve more than 75,000 people from communities around the state. Because many of these volunteers are medically-trained individuals, 9Health Fair needs Phlebotomists, Registered Nurses (RNs), Physicians Assistants (PAs), Medical Doctors (MDs), Emergency Medical Technicians (EMTs) and other credentialed medical professionals to help administer a variety of health screenings and draw blood. Retired medical professionals and students enrolled in a medical program can also volunteer at any

9Health Fair site, with instructor supervision, and additional phlebotomy training and refresher courses are available through 9Health Fair. Non-medical volunteers are needed to provide registration and cashier services, while Spanish speaking volunteers are also necessary for on-site interpretation and translation.

For more 9Health Fair information, please visit [www.9healthfair.org](http://www.9healthfair.org) or call 1-800-332-3078.

### **About 9Health Fair**

9Health Fair is Colorado's largest non-profit, volunteer-driven health fair program that promotes health awareness and encourages individuals to assume responsibility for their own health. Created by a National Institutes of Health project and 9NEWS, 9Health Fair's free and low-cost health screenings and education program has earned unique endorsements from the Colorado Medical Society, the Colorado Nurses Association and the Colorado Hospital Association. Since 1980, 9Health Fair has impacted 1.7 million lives. As an independent 501(c)(3) non-profit organization, 9Health Fair is proud of its financial management performance, keeping its administration and fundraising expense under 17 percent of its total budget, well under the industry average of 20-25 percent.

Major sponsors for the 2013 9Health Fair include 9NEWS, Quest Diagnostics, Comcast and King Soopers. Special thanks to The Colorado National Guard for its continued 9Health Fair support through delivering supplies to volunteers and sites around the state.

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