



**FOR IMMEDIATE RELEASE**

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**9HEALTH FAIR CELEBRATES 35 YEARS OF HEALTH SCREENINGS**  
*Over 135 Locations Hosted Throughout Colorado*

**Denver, CO** — This spring, 9Health Fair celebrates its 35th year of providing low and no-cost health screenings to communities throughout Colorado. Over 135 communities are gearing up to host a 9Health Fair, which offer more than 25 free and seven low-cost health screenings. Anyone 18 and older is encouraged to attend and take advantage of these tools that can help keep their health in check. To find a location near you, visit [www.9HealthFair.org](http://www.9HealthFair.org).

The 9Health Fair spring season is scheduled to accommodate as many communities and participants as possible. First fairs are hosted as early as March 16, but the season officially kicks off April 11 with the 9Health Fair Express at Pepsi Center presented by Quest Diagnostics – this “express” fair offers participants an opportunity to get their blood work and blood pressure done in as little as 15 minutes! The spring season winds down with the “last chance” fair on June 1 at the Fillmore Auditorium.

New this year is the 9Health Fair Yoga Open, a Healthy Active Lifestyle Celebration at the Convention Center on May 4. This unique fair offers all of the same great screenings as other 9Health Fair sites, along with yoga classes for all skill levels, healthy living exhibits, and other community resources for those who are interested in an active lifestyle.

“For years, our participants have associated the spring months with a reminder that it’s that time of year again – time to visit their local 9Health Fair and collect their personal health information,” Jim Goddard, 9Health Fair President and CEO explains. “And while many Coloradans are experiencing changes in their healthcare policies this year, 9Health Fair is proud to offer the same low-cost screenings and high-quality health information that participants are used to seeing year after year. We’re excited to continue that tradition for our 35<sup>th</sup> season!”

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 two to four weeks of your 9Health Fair visit.
- 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

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 have your blood drawn at a 9Health Fair, be sure to drink plenty of water, do not eat in the 12 hours before your visit (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, 16,000 9Health Fair volunteers serve more than 75,000 people from communities around the state. Because many of our volunteer positions require 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. Non-medical volunteers are needed to provide a number of things such as registration assistance 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.

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