

September 2019

By: Brett Wardle

Health Fair

Editor: Emily Hanson

Intermountain Power Service Corporation

Supervising Safety Newsletter

It's September and time for IPSC's annual Health Fair to begin. If you are looking for a new pair of boots to help your aching feet, want to know what your blood pressure is, ready to help save a life by donating blood, or need your cholesterol checked, this is the perfect time to get it done.

Why have a Health Fair?

We know our height, shoe size, and favorite TV show, but do we know our risk for heart attack, cancer, or stroke? Over 1.3 million Americans die from cardiovascular disease and cancer each year. Major diseases often go undetected because they do not show any signs or symptoms. Unfortunately, many times when the symptoms do appear it can be too late. Over 80 percent of strokes are preventable, and many types of cancer, such as prostate cancer, can be cured up to 95 percent of the time if caught early. The best way to protect ourselves from major diseases is through early detection, which can be found through the screenings made available to us at this year's Health Fair.

The following tests are available at the Health Fair:

- Blood Sugar
- Blood Pressure
- PSA
- Cholesterol
- Comprehensive Metabolic Test

These screenings and test will be available every Wednesday in September from 7:00 a.m. to 10:00 a.m. in Room 102. This year the screenings and tests

will be free for all employees, employee's spouses, and retirees.

Some of the other things that will be going on throughout the month of September are:

- The Boot Fair will be held on September 4th. Remember the company will pay 100% or up to \$75 off the cost for boots. For example, IPSC will pay \$60 for \$60 boots and \$75 for \$200 boots. In order to take advantage of this benefit employees must not have purchased boots within the past 18 months. If you have boots needing to be replaced they must be brought into the Fish Bowl, shown to a Safety Supervisor, and signed off as needing to be replaced.
- The Blood Drive is scheduled for September 24th. If you are able and willing, this gift of life will be greatly appreciated by those who are going to receive it.
- The Brown Bag Classes on Mental Health/Suicide Intervention, Naloxone training, Connect Care App, and a class from Dr. Dekker will also be scheduled throughout September. Come and enjoy an educational experience and maybe even win a prize just for showing up.



The Health Fair is a great benefit to all of those who choose to participate in it. By taking advantage of the screenings and tests that will be provided, it can turn into a priceless benefit that may help save you or a loved one from cardiovascular disease, cancer, or a stroke. A little bit of time and effort can save a person from a lifetime of pain, suffering, and disease.