



## LIVING WELL HEALTH FAIR

**Saturday, March 2, 2019**

**7:00 a.m. to noon**

**Highpoint Health Conference Rooms**

### **Hemoglobin A1c (HbA1c)**

Hemoglobin A1c or HbA1c is used to measure the average level of glucose in the blood over an 8 to 12 week period. It is commonly used to aid in the management of known diabetic patients. Recently, it has become useful as a tool to help diagnose prediabetes, a risk factor for diabetes. Diagnosis of prediabetes with appropriate lifestyle and dietary changes may reduce the likelihood of full-blown diabetes developing.

1. All HbA1c screening participants must be 18 years of age or older.
2. To have blood drawn for the HbA1c, Blood Chemistry and/or the PSA, **you must provide the name and address of your physician/nurse practitioner.** This must be done when you register, whether it is at a pre-registration site or the hospital on the day of the health fair. **A copy of your screening results will be sent to both you and your physician/nurse practitioner for follow-up.**
3. No preparation (such as fasting, etc.) is necessary on the part of the participant.
4. Participants may take part in the HbA1c with or without participating in the other blood screenings.
5. The cost of the HbA1c is \$30. Payment is required on the day of the fair. Cash, major credit and debit cards, and personal checks will be accepted. Checks should be made payable to **Highpoint Health Living Well Health Fair.**
6. It is recommended that you consult with your personal care provider regarding the results of your screening(s).

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**Living Well Health Fair** screenings should be used as supplemental health information by the participant. They do not represent a diagnosis. Screenings do not replace and should not be considered a substitute for an examination by a physician/nurse practitioner.

If you have questions regarding the health fair or the HbA1c screening program, please call Highpoint Health at 812/537-8190 or 800/676-5572, ext. 8190.

For information on physicians/nurse practitioners who are accepting new patients, a 24-hour Referral Line is available for your convenience. Please call 812/537-8300 or 800/676-5572, ext. 8300, or refer to the hospital's website at [www.myHPH.org](http://www.myHPH.org).