



Iowa Annual Conference Wellness Program

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March 2010

The Wellness Committee of the Board of Pensions is continuing its annual Health Screening offered during Annual Conference for all clergy and their spouses. **This includes all local pastors, part-time pastors, commissioned, probationary, extension and retired clergy, elders, deacons, and ministry candidates.** All ministry personal and spouses are included even if you are not receiving insurance through the conference. The health screening includes a blood pressure and weight check and blood drawn for the following: glucose, cholesterol (HDL, LDL & a ratio), triglycerides, a complete blood count, calcium, thyroid and a BUN. For men, blood will also be drawn for a prostate antigen screen.

The days and times are **Monday, June 7 and Tuesday, June 8, 5:30-8:00 am**, located in Hy-Vee Hall . In order for the cholesterol levels to be accurate, you should not eat or drink anything 10-12 hours before your testing time. Water and medications are encouraged. Enclosed is a registration sheet with forms on both sides. Use one side for clergy and the other side for the spouse. A registration form is also posted on the Conference web-site with the other information fliers. Please return to:

Kae Tritle **by May 24**
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Iowa Radiology located at 1221 Pleasant St. Suite 350 in the Stoddard Cancer Center of the Iowa Methodist Medical Center Complex has appointments available for mammograms on Monday, June 7 between 8:00 am and 4:00 pm. Please call the clinic directly at 515-226-9810 for an appointment before May 20th. You must have an appointment in order to have a mammogram done. Depending upon your insurance plan, a co-pay may apply. American Cancer guidelines will apply for eligibility (over 40 yrs old, no lumps or problems, & 1 year has elapsed since your last mammogram). If you had a mammogram done last year at Annual Conference, this year's date is one day too early. Please schedule one for a later time.

I would also like to remind those ministry personnel enrolled in the conference insurance program, one of our benefits is a complete physical exam annually including mammograms for women. Depending upon your plan, co-payment may apply. Wellmark's website also includes several wellness tools for your use at no extra cost.

Other wellness activities this year include a fitness walk/run, and displays sponsored by The Wellness program and Wellmark. Watch for further details. If you have any health concerns or questions, please don't hesitate to call me. See you at the Annual Conference health screening!

In God's Wholeness,
Kae Tritle, RN
Wellness Coordinator