

# Employee

## Health & Benefits Fair

Where *HEALTH HEROES* meet!

# 2015



**FRIDAY, OCT. 30**

**7 AM - 2 PM**

**ABQ Convention Center – Hall 4**

*Family Members Invited*

**2 Hours** Approved Time to Attend  
with Supervisor's Prior Approval

Free Parking Pass at <http://eweb.cabq.gov>



### FLU SHOTS

Bring your medical insurance ID card.

\$0 cost for most health plans.

## Over 90 Wellness & Benefits Exhibits

### Healthy Giveaways and Prizes

*Free insulated mug to employees who attend the Health Fair*

### MAMMOGRAMS (8 am – 5 pm)

Mammography van will be parked near  
Convention Center entrance, on 3rd Street.

Appointments Required, Call 332-6967 to Schedule



### Mobile Health Center

**7 am – 10 am**

**11 am – 2 pm**

Bring your Presbyterian Member ID.

Call 220-6562 for an appointment.

Walk-in visits will depend upon provider availability.

## FREE HEALTH SCREENINGS

Cholesterol • Fasting Glucose • A1C for People with Diabetes – **7a.m. - 10a.m. ONLY\***

Blood Pressure, Body Fat, and More – **all day**

Assess your need for colorectal cancer screening  
and find the test that's right for you

\*8 Hour Fasting Required, No food – but please drink plenty of water and take medications as usual.

## PARKING VOUCHER

**PARKING LOT:** Convention Center Parking Garage  
Enter from Martin Luther King Blvd. & Broadway

**DATE:** Friday, OCTOBER 30, 2015

**PARKING HOURS:** 6:15 a.m. – 3 p.m.

**ACTIVITY:** BetterHealth Employee Health & Benefits Fair, Hall 4

This voucher is only valid for the date and time frame listed above and only for the Convention Center Parking Garage.

Parking fees for other parking lots will not be validated for this event. **You must present this voucher upon exit to obtain free parking.**

Individuals using this voucher are responsible for securing their vehicles and taking reasonable precautions, such as placing valuable items in their vehicles out of sight, reporting any suspicious persons or activity to the Convention Center, and seeking an escort to their vehicles if feeling unsafe for any reason. The City of Albuquerque is not responsible for damage to or theft from their vehicles caused by other parties.