



Health Fair

Help for reaching your healthy goals in 2011

Got questions?

Talk to reps from the State Health Plan,
Catalyst Rx, and WebMD

8:00 am to 2:00 pm

Tuesday, Feb 1, 2011

MDA First Floor Conference Rooms

WebMD will hold 15 minute sessions on Understanding the Health Quotient at 8:30 and 12:30. From 8:00 am to 2:00 pm they will offer assistance in completing the Health Quotient health risk assessment in the West Conference Room. Since the assessment must be completed before using wellness benefits, bring your questions to WebMD.

Catalyst Rx will hold 15 minute "Ask the Pharmacist" sessions at 8:45 and 12:45.

Kip Bowen from MEA Cares will hold sessions on stress and caregiving issues at 9:00 and 11:00.

Quest Gym will do yoga and Pilates demos at 10:30 and 12:00.

The MS Tobacco Free Coalition will host Unknown Consequences of Smoking at 10:00 and 11:50.

We'll learn about the work of the National Alliance on Mental Illness at 1:00.



In addition,

- Hinds Community College nursing students will offer blood pressure checks.
- Vision screenings
- Coupons for hearing screenings
- Metro area gyms will be present offering discounts, BMI measurements
- MS Tobacco Free Coalition
- MADD
- Gastroenterology Associates
- MS Safe Kids
- National Alliance on Mental Illness



Health Fair Information Sessions 1st Floor East Conference Room

February 1, 2011

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| 8:30 | Understanding the Health Quotient Risk Assessment | WebMD |
| 8:45 | Ask the Pharmacist Session
Decreasing your out-of-pocket expenses
Generic and over-the-counter alternatives
Preferred formulary alternatives
How your medications work and their benefits to your health
Tips on safe and effective medication use
Questions to ask your physician about your medications
Answers to your questions and concerns | Catalyst Rx |
| 9:00 | Stress Management 101 | MEA Cares |
| 10:00 | Unknown Consequences of Smoking | MS Tobacco Free Coalition |
| 10:30 | Yoga & Pilates demonstrations | Quest Gym |
| 11:00 | The Sandwich Generation: Caregiving | MEA Cares |
| 11:50 | Unknown Consequences of Smoking | MS Tobacco Free Coalition |
| 12:00 | Yoga & Pilates demonstrations | Quest Gym |
| 12:30 | Understanding the Health Quotient Risk Assessment | WebMD |
| 12:45 | Ask the Pharmacist Session
Decreasing your out-of-pocket expenses
Generic and over-the-counter alternatives
Preferred formulary alternatives
How your medications work and their benefits to your health
Tips on safe and effective medication use
Questions to ask your physician about your medications
Answers to your questions and concerns | Catalyst Rx |
| 1:00 | Overview of the National Alliance on Mental Illness | NAMI |
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