October Capitol Mall Wellness Events

*Flu Shots, Mini-Health and Prostate Screenings*

There are several wellness events happening in October in the Capitol Mall area. All events are considered preventive care and are free for State employees.

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**Flu Shots**

Located at 1400 W. Washington St. Parking lot and entrance are at the rear of the building on W. Adams St. *No appointment necessary, walk-ins welcome.*

- Oct. 12, 9 am - 1 pm
- Oct. 14, 7:30 am - 11 am
  - *Mini-Health Screenings are also available. See below.*
- Oct. 19, 7:30 am - 11 am
  - *Mini-Health Screenings are also available. See below.*

Flu shots are more important than ever to protect yourself and your family. You need to get a free flu shot each year because flu viruses evolve quickly, so last year's vaccine may not protect you from this year's viruses. You'll receive 100 HIP points for a flu shot.

For information on other worksite and pharmacy locations visit wellness.az.gov/flushot.
Mini-Health Screenings
Located at 1400 W. Washington St. Parking lot and entrance are at rear of the building on W. Adams St. Appointments are required.

- Oct. 14, 7:30 am - 11 am
  - Book Mini-Health appointment
  - Flu shots are also available. See above.
- Oct. 19, 7:30 am - 11 am
  - Book Mini-Health appointment
  - Flu shots are also available. See above.

This screening is free. In just 15-20 minutes, get the following tests:

- Fasting Blood Test
  - Fasting for 10 hours required. No food, water only.
  - Cholesterol and full lipid panel (HDL, LDL, VLDL, Triglycerides)
  - Blood sugar (Glucose & Fructosamine)
- Height, Weight, Waist Circumference, and Blood Pressure
- Prostate Specific Antigen (PSA)
- Hemoglobin A1C screen
- Bone Density Screening/Osteoporosis

Confidential results will be mailed to you. Learn more at wellness.az.gov/screenings. Please note - only one free screening per year is permitted.

POP Prostate Onsite Project
Located in the ADOA parking lot, 100 N. 15th Ave. Appointments are required.

- Oct. 13, 8 am - 11 am
  - 480-964-3013
  - pop@prostatecheckup.com
Prostate cancer is the second cause of cancer death in men, yet if detected early while still in the prostate, it has a 100% five-year survival rate. This important screening is free, takes 10-15 minutes to complete and you’ll earn 100 HIP points.

The screening includes the following:

- Digital Rectal Exam (DRE) and testicular exam with immediate physician consultation.
- Prostate Specific Antigen (PSA) blood test. Patients will be called in 7-10 days with results.

Learn more with this prostate cancer fact sheet.

Questions? Contact our Wellness Team at wellness@azdoa.gov.