



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.



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.



Arizona Department of Administration
Human Resources | Benefits
PO Box 6548
Phoenix, Arizona 85005

[Unsubscribe](#)