DIVISION OF HEALTH SCIENCES

HEALTH FAIR

THURSDAY AND FRIDAY
MARCH 17 & 18
7 AM - 1 PM
POND STUDENT UNION

isu.edu/healthfair
It’s pretty simple, we want you to Be Well

Giovanni  James  Jacob  Nick  Jonathan

Our models are sons of Portneuf Medical Center physicians.

Portneuf Medical Center  Be well.  PortMed.org
Heritage Health Services
heritagehealthservices.net
Our intent is to educate the public of the benefit of receiving home health, personal care, or hospice either for themselves or a loved one relating to an illness or surgery. Depending on the situation, a patient could benefit from services including nursing, physical therapy, occupational therapy and speech therapy. Hospice care provides support not only for the patient but also the family.

CNS - Critical Nurse Staffing
CNScares.com
Community Educationl- CNS is a nationwide provider of Department of Labor in-home care under the EEOICP program to former INL workers for covered illness related to exposure to toxic substances. Let us help you get the services you desire and need. We also provide assistance with completing the claimant process with DOL. We will also provide oxygen saturation testing at the booth.

Portneuf Medical Center
Portneuf Laboratory will be offering routine blood tests at the ISU Health fair. Even though you may not have any signs or symptoms; they can help detect problems early and help you benefit from easier and more effective treatment. Some of these tests sometimes even prevent disease. Some of the tests will detect underlying problems in the blood or heart disease early; before you have a heart attack!
Portneuf Medical Center is offering reduced fee blood screening during the month of March from 7 a.m. to 11 a.m. Monday through Sunday at the outpatient draw station, located on the ground floor of the hospital, located at 777 Hospital Way.
Some of the screening tests being offered range from a general health blood profile. The health panel will include a chemistry profile, lipid profile based on cholesterol levels, a complete blood count and a thyroid screen. Optional tests include a prostate antigen test, thyroid function test, iron level, uric acid level, colon cancer screening test (Occult blood test) glycohemoglobin, insulin level, vitamin D level, a test for osteoporosis. These tests are available as “wellness screening” on a walk in basis daily at the outpatient draw station. A physician order is not required.

Susan G Komen Idaho Montana
komenidahomontana.org
The Idaho Montana Affiliate of Susan G. Komen® is dedicated to combating breast cancer at every front. Up to 75 percent of the Affiliate’s net income goes toward funding grants to local hospitals and community organizations that provide breast health education and breast cancer screening and treatment programs for medically underserved women. The remaining net income (a minimum of 25 percent) supports the national Komen Grants Program, which funds groundbreaking breast cancer research, meritorious awards and educational and scientific programs around the world.

Idaho Central Credit Union
ICCU.com
Financial Literacy

Tiger Capital Management, LLC
trendupdate.net
Famous early American investor, Jesse Livermore said, “There is only one side of the market and it is not the bull side or the bear side, but the right side.” Learn a strategy to allocate and rebalance capital in your retirement plan, i.e. IRA, 401(k), 403(b), etc., so that you can potentially grow your capital when markets are up and potentially preserve your capital when markets are down. Tiger Capital Management, LLC is a Registered Investment Advisor in the state of Idaho and helps individuals with Investment and Retirement planning.

Idaho Beef Council
idbeef.org
Stop by the Idaho Beef Council booth and pick up some delicious beef recipes and learn about the nutritional benefits of beef.

Idaho Foodbank
idahofoodbank.org
Teach individuals how to prepare meals on an affordable budget, eat healthier, and shop smarter.

Idaho Meth Project
idahomethproject.org
Ensure Idaho’s youth are educated and aware of the dangers of amphetamine use by emphasizing our Not Even Once message.

Alpine Animal Hospital
alpineanimal.net
Veterinary Services including Wellness Exams, Vaccination, Orthopedic procedures, Stem Cell Therapy, Cold Laser Therapy and the Alpine Animal Foundation—a 501 (3)(c) non-profit organization for animals in need, Service/Military or Retired Police dogs.

Participating vendors at the health fair are not selected by Idaho State University and the vendors’ presence at the health fair does not imply that ISU endorses the vendors or their products in any way.
Alta Animal Hospital
altaanimalhospital.com
Healthy & Happy Pets

Area Agency on Aging
siog.org
Adult Protection, Information and Assistance, Ombudsman, Medicare, Meal on Wheels

ProHealth Home Care Services, Inc.
prohealthhomecareservices.com
“We care...to keep you at home” This is not just our motto, it is what guides our company. Our caring support services make it possible for you or your loved ones to stay securely and comfortably at home. Our staff includes licensed nurses and care providers. Our compassionate nurses assist the family at home in the care of their medically fragile child. Our trained care providers help with personal care, light housekeeping, laundry, and transportation to medical appointments in our company van. We are a company with our roots in the community since 1994. All Decisions are made locally for your best care.

Mental Health Specialists
mentalhealthspecialists.net

Rosetta Assisted Living
RosettaHomes.com
We are a small, home-like assisted living that specializes in Dementia.

Physical Therapy Specialists of Idaho
ptsidaho.com
We are a Physical Therapy Office. We will be explaining the health benefits of Physical Therapy. We will have a few different handouts, flyers and brochures.

The Pocatello Free Clinic
pocatellofreeclinic@yahoo.com
We will discuss the benefits of having a free clinic in our community and what the free clinic is able to do for patients.

Chubbuck Chiropractic
chubbuckchiropractic.com
We will be providing a complimentary computerized nervous system evaluation. This allows us to determine your overall health based off of nerve function.

Health West Inc
healthwestinc.org
“Health West is a non-profit community health center. The Bureau of Primary Health Care funds Health West. Health West has been helping southeast Idaho people for almost 40 years. As your medical home, we will get to know you and understand your health needs. You will get to know us and feel comfortable with your provider and the Health West staff. Working together is the best way to improve your health. We will also work with your other medical providers to make sure we are all working together for you.

YOUNGEVITY by Star-Hope Ent.
starhope.my90forlife.com
Established in 1997, YOUNGEVITY is dedicated to bringing you the finest array of nutrition supplements, essential oils, and other lifestyle-related services to enrich your life and help you LIVE YOUNGER, LONGER! We use scientifically based, clinically proven nutrition to improve the health of hundreds of thousands of people just like you. We’ve made it our mission to provide you the information you need to make sound decisions regarding your health. Come visit us and find out how to improve your life!

Compassion & Hope Pregnancy Center
pocatellopregnancycenter.com
Compassion & Hope Pregnancy Center is a non-profit providing options coaching to those who find themselves in an unplanned pregnancy. We also provide women, men and families education and information on topics such as pregnancy, parenting and sexual health. All services are free and confidential.

SHIBA - Idaho Department of Insurance
doi.idaho.gov
SHIBA is a program of the Idaho Department of Insurance. SHIBA is part of a nationwide organization of Medicare State Health Insurance Programs and provides free, unbiased Medicare information for all of Idaho.

Idaho Relay
idrelay.org
Idaho Relay provides a variety of relay services for those with difficulties hearing and/or speaking over the telephone at no cost.

Idaho Commission for the Blind & Visually Impaired
icbvi.idaho.gov
ICBVI is a state agency which assists blind and visually impaired persons to achieve independence by providing education, developing work skills, increasing self-confidence and helping them remain employed or prepare for employment. Our programs consist of Vocational Rehabilitation, Independent Living, Older Blind, and the Sight Restoration program.

Pocatello Podiatry
4betterfeet.com
Pocatello Podiatry...foot and ankle specialists Dr Kert Howard, Dr Karson Howard and Dr Adam Matthews

Valley Foot & Ankle
myfoot-ankle.com
Foot and Ankle Health
EIMC — Endobiogenic Integrative Medical Center
eimcenter.com
“EIMC (Endobiogenic Medical Center)
Based completely on modern physiology and endocrinology, Endobiogeny is an innovative natural approach to wellness that identifies the imbalances, unique to the human body, that are causing suffering. Endobiogeny focuses on the root causes of disease, not just symptoms. After extensive analysis, a personalized treatment plan is developed. Treatments consist of herbs, essential oils, dietary supplements, and lifestyle changes and pharmaceuticals when necessary. Our goal is to empower you to revive your own natural healing abilities.
We are staffed by Nikolas Arvis, MD, Laramie Wheeler, DO, Annette Davs, CN and Jesse Carrol, LMT.
Free classes are offered by Time Labs in conjunction with EIMC Health Professionals in order to inform the public of health related topics. There are also links on our web sites for guidance on health related topics.

Nuclear Care Partners
nuclearcarepartners.com
Nuclear Care Partners (NCP) is committed to educating and helping former Department of Energy employees and subcontractors understand the Energy Employees Occupational Illness Compensation Program Act (EEOICPA) to find the medical services and care they need. NCP will provide information on free health screenings for former workers and help with understanding the process and benefits to families, physicians, and former DOE employees who might have been exposed at any DOE site to radiation or toxic substances. Our DOE/DOL specialists will be on hand to answer questions you might have concerning your benefits and eligibility. NCP is an approved Medical Provider under the U.S. Department of Labor Programs: EEOICPA, RECA, DCMWC & FECA. We work exclusively with former DOE workers who have been diagnosed with work related illnesses and consequently qualify for no-cost in-home medical benefits. At the heart of NCP is our commitment to provide high quality patient-centered, in-home care. The foundation of NCP is nursing, partnering with families to foster a culture of mutual trust, friendship and compassion which enables families to live well at home.

EIMC (Endobiogenic Integrative Medical Center
eimcenter.com
Endobiogeny is Based completely on modern physiology and endocrinology. It is an innovative natural approach to wellness that identifies the imbalances, unique to the human body, that are causing suffering. Endobiogeny focuses on the root causes of disease, not just symptoms. After extensive analysis, a personalized treatment plan is developed. Individualized treatments include herbs, supplements, essential oil, diet/lifestyle changes, and pharmaceuticals when necessary.”

Alcoholics Anonymous
Information on Alcoholics Anonymous and how it works.

Southeastern Idaho Public Health
siphidaho.org
Come Spin & Win a prize at Southeastern Idaho Public Health’s booth. Information about our many programs will be available. These programs include but are not limited to Tobacco Cessation, Parent as Teachers, Immunizations, Colon Cancer, Oral Health, Physical Activity & Nutrition, Public Health Preparedness, Family Planning etc.

Kevin D. Hall Massage Therapy and Hall’s Healthy Step
Hallshealthystep@gmail.com
Benefits of Massage Therapy. Leg vein health through compression hosiery. Foot health through foot screenings for arch supports and orthopedic shoes

Doterra
PurestOil.com

Care Connection of Idaho Home Care
CareConnectionOfIdaho@gmail.com
Not sure what this means. Please call me.
The Gables is committed to providing the highest quality of care, compassion and comfort to our Residents. As a small facility, we aim to develop a personal relationship with our Residents and their families. We take pride in our small, warm and comfortable home like setting. When you visit The Gables you will know immediately there is something special here. We pride ourselves in our beautiful building full of amenities. But what is more important to us is the care we give our residents. It is our pledge to ensure consistency and quality in the care we offer your loved ones.

MorningStar Senior Living of Idaho Falls
morningstarseniorliving.com
Information on Independent Living, Assisted Living, & Memory Care for all of those aged 62 years or older

Life Care Center of Idaho Falls
lcca.com
We are a skilled nursing facility representing the Idaho Falls location.

Tooth Town Dentistry for Kids
dentistryforkidsdocmcwhorter.com
pediatric dentistry

Quinn Meadows Rehabilitation & Care Center
tanabell.com/quinn-meadows-rehabilitation-and-care-center/
At Quinn Meadows Rehab. & Care Center we help adults of all ages recover from surgery, injury, or serious illness in a quiet, compassionate, and clean environment.

Comfort Care Dental
mycomfortcaredental.com
Idaho’s #1 Leader in Sedation Dentistry

Dorman insurance

Art of Motion Chiropractic and Sports Medicine
artofmotionchiropractic.com
We are a chiropractic office and we specialize in Sports Medicine. We see everyone from infants and toddlers to adults and the elderly. We have a variety of treatment plans and we also offer massage therapy. We accept most health insurance.

Care Creek Dental
dentist-dentistry-dental.com
Dental education
Bengal Lab
Leonard Hall, Room 161 • (208) 251-6260
• Diagnostic testing
• Drug testing
• Screening tests (i.e., HIV, HCV)
• Wellness testing (i.e., CBC, lipid, and chem panels)

Bengal Pharmacy
990 Cesar Chavez Ave (above the ISU Health Center) • (208) 282-3407
• Medication therapy and education

Dental Hygiene Clinic
999 Martin Luther King Jr. Way
(208) 282-3282
• Preventive care
• Bleach trays
• Cleanings
• Fillings
• Fluoride application
• Oral health education
• Periodontal therapy
• Sealants
• X-rays

Health West ISU Clinic
465 Memorial Drive • (208) 234-4700
Services available on a sliding-fee scale
• Laboratory services
• Medical care

ISU Health Center
Pocatello:
990 Cesar Chavez Ave • (208) 282-2330
Idaho Falls:
Bennion Student Union • (208) 282-7826
• Laboratory services
• Medical care
• Medical nutrition therapy (Pocatello)
• X-ray services

ISU Hearing and Balance Clinic
Communication Sciences and Disorders Building • (208) 282-3495
• Auditory processing evaluation
• Balance/dizziness evaluation
• Cochlear implant services
• Hearing aid services
• Hearing evaluation
• Tinnitus evaluation

ISU Physical and Occupational Therapy Associates and Balance Clinic
Garrison Hall, Room 202 • (208) 282-2590
• Balance/dizziness evaluation
• Emotional self-regulation
• Ergonomic work place assessments
• Home safety assessments
• Joint health: injuries (sprains and strains)
• Post-surgical care
• Repetitive strain injuries (carpal tunnel syndrome)
• Sensory processing issues
• Women’s health (continence)
• Written communication/penmanship
• Visual fine motor integration

ISU Pocatello Counseling Clinic
Individual, couple, and family counseling available on a sliding-fee scale
Garrison Hall, Room 725 • (208) 240-1609
• Anxiety
• Depression
• Grief/loss
• Improve wellness strategies
• Relationship concerns
• Social anxiety/communication
• Stress management
• Other personal/emotion concerns:

ISU Psychology Clinic
Individual, couple, and family counseling available on a sliding-fee scale
Garrison Hall, Room 533 • (208) 282-2129
• Treatment for depression, anxiety, and other DSM-5 Disorders
• Treatment for impulse control difficulties
• Treatment for trauma-related problems and interpersonal/relationship issues
• Assessment and treatment for externalizing and internalizing problems in children and adolescents, including specializations in feeding difficulties, selective mutism, developmental disabilities, and Autism Spectrum Disorders
• Child and adult evaluations for ADHD, learning disorders, and intellectual disabilities

ISU Speech and Language Clinic
Communication Sciences and Disorders Building • (208) 282-3495
Services available on a sliding-fee scale
• Accent modification/reduction
• Alternative and augmentative communication
• Articulation receptive and expressive language
• Adult brain injury therapy (TBI and stroke)
• Preschool Language Program
• Stuttery/fluency
• Voice therapy
• Swallowing therapy

Pocatello Family Dentistry
465 Memorial Drive • (208) 282-6000
Services available on a sliding-fee scale
• Hospital dentistry
• Implants
• Endodontics (root canals)
• Oral surgery
• Pediatric dentistry
• Preventive care
• Prosthodontics (crowns, bridges and dentures)
Campus Recreation*
Student Recreation Center
Room 360 • (208) 282-4854
• Fitness equipment and programs‡
• Massage therapy†‡
• Personal training†‡

Center for New Directions#
Roy F. Christensen Building
Room 372 • (208) 282-2454
• Career counseling services
• Personal counseling services
• Single parent support services
• Non-traditional occupation support services

Central Academic Advising
Pocatello: (208) 282-3277
Museum Bldg, Room 307
Idaho Falls: (208) 282-7800
Bennion Student Union
• General Education requirements information
• Major or minor selection

Dietetic Programs
(208) 282-2961 or (208) 282-3091
• Nutrition questions
• Eating concerns

Disability Services
Pocatello: (208) 282-3599
Rendezvous, Room 125
Idaho Falls: (208) 282-7759
Bennion Student Union, Room 223
• Disability accommodations

Janet C. Anderson Gender Resource Center
Rendezvous, Room 235 • (208) 282-2805
• Identity exploration
• Sexual assault/relationship violence

University Counseling and Testing Service
Pocatello: (208) 282-2130
351 Gravely Hall South, Room 351
Idaho Falls: (208) 282-7750
Bennion Student Union, Room 223
Free and confidential individual, group, and couple counseling for currently enrolled ISU students

Stress Management & Biofeedback Center
(operated by University Counseling and Testing Service)
• Reduce anxiety/stress
• Decrease tension/pain
• Sleep difficulties
• Promote relaxation
• Improve awareness of mind and body

Wellness Center*
Reed Gym, Room 205A • (208) 282-2117
• Fitness assessments†
• GET-FIT Program‡
• Personal training‡
• Wellness coaching‡

*This program offers many free services to students, but some services require a reasonable fee.
†This service is available for a reasonable fee to students.
‡This service is available for a reasonable fee to faculty and staff.
#This program is available for College of Technology students only.
<table>
<thead>
<tr>
<th><strong>Family Medicine Clinical Research Center</strong></th>
<th><strong>College of Pharmacy- Poison Prevention/Meth Awareness</strong></th>
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<tbody>
<tr>
<td>isu.edu/fmed/research.shtml</td>
<td>pharmacy.isu.edu</td>
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<tr>
<td>Providing information on clinical re-</td>
<td>Poison Prevention is one ISU’s College of Pharmacy’s community outreach projects. We strive to educate our community on household poisonings.</td>
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<td>search opportunities within the communi-</td>
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<td><strong>Dept. of Dental Hygiene</strong></td>
<td><strong>College of Pharmacy- Self Care</strong></td>
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<tr>
<td>isu.edu/dentalhy</td>
<td>pharmacy.isu.edu</td>
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<tr>
<td>Screening of the mouth, head, and neck for signs of oral cancer, cavities, and gum disease.</td>
<td>Pharmacy Self Care is one ISU’s College of Pharmacy’s community outreach projects. We strive to educate our community on the over-the-counter medications and herbal products.</td>
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<tr>
<td><strong>Dental Hygiene</strong></td>
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<tr>
<td>isu.edu/dentalhy</td>
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<tr>
<td>Learn more about the dental hygiene profession and get tips for optimizing oral health!</td>
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<tr>
<td><strong>ISU Audiology</strong></td>
<td><strong>ISU School of Nursing</strong></td>
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<tr>
<td>isu.edu/csed/audiology</td>
<td>isu.edu/nursing</td>
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<tr>
<td>We will be providing free hearing screenings and information related to hearing loss, amplification options, and how to protect your hearing!</td>
<td>Nursing Genomics and Autism: Education, Research and Practice</td>
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<td><strong>Pharmacy Operation Immunization</strong></td>
<td><strong>ISU School of Nursing</strong></td>
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<td>pharmacy.isu.edu</td>
<td>isu.edu/nursing</td>
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<td>Operation Immunization is one ISU’s College of Pharmacy’s community outreach projects. We strive to educate our community on the importance of vaccinations.</td>
<td>Idaho Suicide Action Prevention Network (SPAN) Suicide prevention education, resources and referral</td>
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<tr>
<td><strong>College of Pharmacy - Generation Rx</strong></td>
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<td>Generation Rx is one ISU’s College of Pharmacy’s community outreach projects. We strive to educate our community on the importance of proper medication use and disposal.</td>
<td>Alzheimer’s Education Education, resources and referral</td>
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<tr>
<td>isu.edu/nursing</td>
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<tr>
<td>Substance Abuse: Prevention education, resources and referral</td>
<td>ISU School of Nursing: Childbirth Support</td>
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<tr>
<td><strong>ISU Psychology Clinic</strong></td>
<td><strong>Benny’s Pantry</strong></td>
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<tr>
<td>isu.edu/psych/psychologyclinic.shtml</td>
<td>isu.edu/pantry</td>
</tr>
<tr>
<td>The ISU Psychology Clinic will be providing psychoeducation about a range of mental health services available to the ISU and surrounding communities. Additionally, we will be providing education and free screenings for common mental health difficulties.</td>
<td>Benny’s Pantry exists to alleviate food insecurity where it exists in the Idaho State University community.</td>
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<tr>
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<td>ISU School of Nursing: Childbirth Support</td>
<td>ISU School of Nursing: Childbirth Education</td>
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<tr>
<td>A doula is a person who provides emotional and physical support during pregnancy and childbirth. A certified doula helps pregnant women and their families during this exciting but challenging experience. Stop by our booth and learn more about doulas and support during childbirth!</td>
<td>There are many different resources and education available during your pregnancy. Education can lead to a more peaceful, relaxing and informed pregnancy. Stop by our booth and see how many exciting education programs are available!</td>
</tr>
</tbody>
</table>
A DESTINATION SITE FOR THE HEALTH PROFESSIONS

PROGRAMS AVAILABLE

- Audiology
- Counseling
- Dental Hygiene
- Dentistry
- Dietetics
- Educational Interpreting
- Family Practice Residency
- Health Care Administration
- Health Education
- Medical Laboratory Science
- Nursing
- Occupational Therapy
- Paramedic Science
- Pharmacy
- Physical Therapy
- Physician Assistant Studies
- Public Health
- Radiographic Science
- Speech Language Pathology
- Pathology

ISU School of Nursing
isu.edu/nursing
ISU School of Nursing: Postpartum Depression
Postpartum depression occurs in women soon after giving birth. Symptoms include sadness and hopelessness. Stop by our booth to learn about Postpartum Depression, what it is, prevention, and treatment options.

ISU School of Nursing
isu.edu/nursing
ISU School of Nursing: Nutrition for Pregnancy
A nutritious, well-balanced eating plan can be one of the greatest gifts you give to your developing baby. Ideally, adopting a healthy eating plan before pregnancy is best. What foods and vitamins are best before and while you’re pregnant? Come to our booth and let us tell you about a few!

ISU School of Nursing
isu.edu/nursing
ISU School of Nursing: HPV Vaccination
The FDA approved the human papillomavirus (HPV) vaccine in 2006, it was the very first vaccine approved to prevent cervical cancer. HPV is actually the most common sexually transmitted infection. Even though the HPV vaccine has been around for years, not everyone knows exactly what it is or what it does. You might be wondering: How does it work? Is it safe? Should you or your child get it? Stop by our booth and get more information.

ISU School of Nursing
isu.edu/nursing
ISU School of Nursing: Postpartum: First 6 Weeks after Childbirth
During the time after the delivery of your baby (postpartum period), your body will change as it returns to its non-pregnant condition. It’s important to focus on your healing and on taking care of your body. Stop by our booth for tips on taking care of yourself and your baby!
NEWS THAT WORKS FOR YOU

2016 Olympic Summer Games
Coming to KPVI
August 5th
Thank you for attending the 2016 Health Fair. See you next year, March 16 and 17, 2017.