



Special drawing to be held August 21 for \$100 bill credit

HOW TO ENTER:

You can enter up to three times for a special drawing for a \$100 bill credit if you do so by August 13. The three ways to enter are: join invoice group billing; sign up for auto pay; and enroll in SmartHub. The drawing will happen at the August 21 PRECorp Annual Meeting. Need not be present to win.

1. Invoice group billing

Invoice group billing allows you to have all, or a subset, of your accounts combined on a single monthly statement. You get the same level of meter reading and usage data by metered service you would on a single statement but the convenience of it being combined and totaled on one simple statement. Additionally, there is only one remittance advice per invoice group to return with your payment.

2. Auto pay

To make things even more convenient you also may consider signing up for auto pay with a bank account or debit/credit card (card payment available to residential accounts only). You can sign up through our secure online service portal, SmartHub at www.precorp.coop or on an easy-to-use app found in your mobile device App Store. This allows you peace of mind knowing your bills are always timely paid, you will not incur late fees or risk having your service disconnected.

3. SmartHub

In addition to payment options, SmartHub also provides copies of your billing statements, real-time information regarding your usage history and outage notifications.

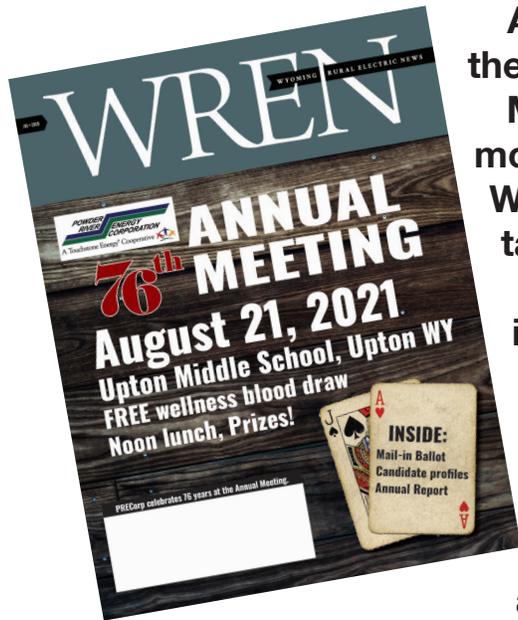
Call your Member Service Representative at 800-442-3630 to find out what options work best for you!

Events Calendar

The list of 2021 PRECorp events includes Board meeting dates and telephone town hall meetings with CEO Mike Easley. Board meetings have returned to the Sundance-Gillette-Sheridan rotation.

- **Tuesday, July 14:** WyoGives Day of Giving, benefit for PRECorp Foundation. Go to www.wyogives.org for more information.
- **Thursday, July 16 -** Publication of director candidates, notice of Annual Meeting, mail-in ballot, and Annual Report.
- **Tuesday, July 20 -** PRECorp Board of Directors meeting, 9:30 a.m., Sundance
- **Monday, July 26 -** PRECorp Foundation Board meeting, Gillette
- **Tuesday, August 17 -** PRECorp Board of Directors meeting, 9:30 a.m., Gillette
- **Wednesday, August 18 -** PRECorp telephone town hall with CEO Mike Easley, 6:30 p.m.
- **Saturday, August 21 -** PRECorp Annual Meeting, Upton Middle School
- **Monday, August 23 -** PRECorp Foundation Board meeting, teleconference

Save your July WREN for Annual Meeting ballot, official information



A big day is planned for the 2021 PRECorp Annual Meeting in Upton. Read more about it in your July WREN magazine. Please take it home and review the cooperative's voting information and the many special activities planned during the day. If you cannot attend please vote by mail with the ballot and envelope enclosed inside the magazine.

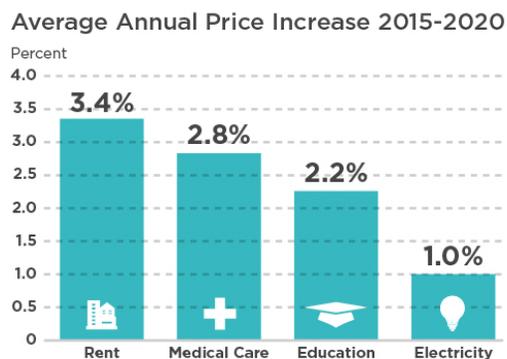
Activities planned on Saturday, August 21, include:

- FREE wellness blood draw and body scans
- FREE attendance prizes
- FREE lunch
- Special drawing for the 1972 Mustang Mach 1
- Special drawing for the \$100 bill credit
- Many other special drawings for 4-H beef & pork

Call PRECorp at 1-800-442-3630 for more info!

ELECTRICITY REMAINS A GOOD VALUE

When you look at price increases of common expenses over the last five years, it's easy to see electricity remains a good value!



Sources: U.S. Bureau of Labor Statistics Consumer Price Index

Energy Efficiency Tip of the Month

When shopping for new light bulbs, know the difference between lumens and watts. Lumens measure the amount of light produced by the bulb. Watts measure energy consumption.

Energy-saving LEDs come in a variety of colors and brightness levels and last 15-25 times longer than incandescent bulbs.

Source: energy.gov





A Touchstone Energy® Cooperative



Wyoming Health Fairs / Wellness Health Fairs



Powder River Energy Annual Meeting

Upton Middle School

802 Juniper St, Upton, WY 82730

Saturday

August 21st, 2021

7am - 10am - Blood Draw

7am - 1pm - Body Scans

WHF recommends 12 hours fasting prior to blood draw, unless Diabetic. Drink plenty of water and take medications as usual.

During the Annual Meeting, Powder River Energy is covering the cost of the following screening for members and spouses:

Blood Chemistry Panel

Take advantage of WHF's low-cost wellness screenings today and know your numbers!

Now Scheduling Appointments!

Make your appointments at the following links:
Wellness Screening - WHF.as.me/PRECORPWellness
Body Scan - whf.as.me/PRECORPScan
or call us at 800-979-3711 to schedule



Spiral 3D Body Scanner



Spiral Health

- ✓ Safe and Non-Invasive
- ✓ Easy and Simple
- ✓ Precise Measurements & Tracking
- ✓ Will take 2 Minutes of Time
- ✓ A Completely Private Experience



Your risk for 25+ critical health conditions



Precise capture and analysis of **3 million** data points and **300+** body and posture measurements



Personalized risk assessments for **25+ health conditions**, prevention and wellness recommendations for both home and work

Measurements

- Body Composition
- Postural Alignment (Tilts, Shifts)
- Body Shape (Circ)
- Body Measurements (Lengths, Widths, Volumes)
- Body Type
- Body Ratios

Risk Findings

- Diabetes
- Heart Disease
- Leaky Gut Syndrome
- Scoliosis
- Muscular Imbalance
- Future Injury
- Chronic Pain
- ... and many more

Please Note:

- We recommend participants strip down to their under garments for the scan. However tight fitting shirts, cycling or lycra shorts, spandex, tights etc are best for those who are shy. The scanner and dressing room is fully curtained so there is full privacy. Long hair should also be pulled back to expose the neckline.
- The results of the scan will be provided to you via email which will give you access to the Spiral Portal. Further questions can be answered by you for a complete assessment.
- Finally we strongly recommend a follow-up scan. Comparing the two scans will show you improvements that you have made.

WYOMING HEALTH FAIRS - PRECORP ANNUAL MEETING

SCREENINGS SUGGESTED YEARLY

ADDITIONAL SCREENINGS

\$45 Blood Chemistry Panel  **Full 33 level screening!** CPT - 80048
 Includes heart, kidney and liver functions, with lipid panel, **total cholesterol**, HDL (good), LDL (bad) and triglycerides. Also electrolyte levels, protein, iron, **fasting glucose**, and TSH (Thyroid Stimulating Hormone) uric acid and Carbon Dioxide.
Recommended 12 hour fasting, unless diabetic.

\$25 Hemogram (CBC) with Differential CPT - 85025
A complete blood count of red and white blood cells, platelet levels, hemoglobin and hematocrit. Checks for anemia, infections and other blood disorders. Shows size of red blood cells and hemoglobin concentration.

\$30 Hemoglobin A1C  CPT - 83036
A screening that reflects average blood sugar levels for the past two to three months. Recommended for diabetics or those with a family history of high blood sugar. (Immediate fasting blood sugar glucose level is included in the Chemistry Profile.)

\$35 PSA Screening for Men  CPT - 84153
The PSA (prostate specific antigen) screening is one tool used to screen for prostate abnormalities. Recommended for men at age 50. However, if there is a family history of prostate cancer, it is recommended at age 40.

VITAMIN SCREENINGS

\$45 Vitamin D, 25 Hydroxy CPT - 82306
Provides an assessment of overall Vitamin D status for the screening of deficiency or toxicity. Measures both D2 and D3 together to report a total 25-hydroxy Vitamin D. Vitamin D is important for mineral absorption, the immune system, strong bones and overall health.

\$45 Vitamin B12 with Folate  CPT - 82607; 82746
Detects B12 and folate nutrient levels necessary for normal red blood cell (RBC) and white blood cell (WBC) formation and repair of tissues and cells. Both B12 and folate are nutrients that cannot be produced in the body and must be supplied by the diet.
Biotin consumption should be discontinued for at least 72 hours prior to testing. *Recommended 12 hour fasting, unless diabetic.*

THYROID SCREENINGS

These thyroid screenings are in addition to the **Thyroid Stimulating Hormone (TSH)** that is included in our **Blood Chemistry Panel**.

\$27 Thyroid Panel 1  CPT - 84436; 84479
Includes the **T3 Uptake**, **Total T4** (Thyroxine), and calculates a free Thyroxine index.

\$52 Thyroid Panel 2  CPT - 84481, 84439
This test delivers an enhanced thyroid profile because it screens for the level of Free T4 and Free T3 hormones in the bloodstream. This is an important distinction, since the level of Free T4 hormone illustrates how much is immediately available for use by cells, and measure of Free T3 hormone in the body is considered a more accurate view of hormonal balance than a Total T3 reading.

\$77 T3, Reverse  CPT - 84482
The **Reverse T3 (RT3)** test measures the inactive form of the hormone. Reverse T3 is not regularly checked as often as other thyroid hormones but may be tested when someone is experiencing symptoms of low thyroid production but shows normal results from other thyroid tests.

\$42 Thyroid Antibodies  CPT - 86376; 86800
Checks for antibodies that can injure the thyroid, affecting thyroid function. Includes thyroid peroxidase (TPO) and thyroglobulin antibody.

 **Covered Screenings/Products**

\$77 SAR-CoV-2 Antibody Screening CPT - 86769
SAR-CoV-2 is the disease that causes COVID-19. This testing is obtained through one vial of blood sent to the laboratory to identify individuals, who have been exposed to the virus. This test has been authorized only for detecting the presence of antibodies against SAR-CoV-2, not for any other viruses or pathogens.

\$30 Blood Type - ABO RH CPT - 86900; 86901
Determination of ABO blood group type and Rh factor.

\$45 Men's Testosterone, Total  CPT - 84403
Screening used to evaluate testosterone hormone levels.

\$55 Women's Testosterone, Total  CPT - 84403
Provides the sensitivity and specificity required for the assessment of the low testosterone levels found in women and hypogonadal men. **Results are typically available within 7-10 business days and mailed within 10-14 business days.**

\$77 Rheumatoid Arthritis Expanded Panel  CPT - 86140; 86200; 86431; 86038
These tests can help identify rheumatoid arthritis (RA) and arthritis associated with autoimmune disorders. **Test includes:** C-Reactive protein (CRP) Quantitative test; cyclic citrullinated peptide antibodies; rheumatoid arthritis factor. Also Includes an **Antinuclear Antibodies (ANA) Screening**, which is a type of auto-antibody that attacks proteins inside your cells.

\$30 C-Reactive Protein (CRP) - High Sensitivity CRP  CPT - 86141
An elevated CRP is a marker of inflammation and can help to evaluate risk of cardiovascular disease, inflammatory disorders or infections.

\$30 Ferritin  CPT - 82728
Indicates levels of iron protein stored in the body. Appropriate if iron levels are out of range in the Chemistry Panel.

\$52 Hepatitis C Antibody  CPT - 86803
This test checks for antibodies to Hep. C indicating a previous infection. The CDC recommends this test once for adults with no risks born between 1945 and 1965. Also for those who have injected drugs or were recipients of transfusions or organ transplants prior to 1992.

\$55 Celiac Screening CPT - 83516
Screening of antibodies to aid in the diagnosis of gluten-sensitivity. You must be on a gluten-containing diet for antibody (blood) testing to be accurate. **Results are typically available within 7-10 business days and mailed within 10-14 business days.**

FREE Spiral 3D Body Scans
 Spiral's technology measures 500 anthropometric measurements in 4 seconds, identifies 30+ risk factors for your health and provides preventative health solutions.

DRINK PLENTY OF WATER AND TAKE MEDICATIONS AS USUAL.

 WHF highly recommends consultation with a physician prior to and following these tests.
 WHF recommends 12 hours fasting prior to blood draw, unless you are Diabetic.
All WHF tests are non-diagnostic and intended for wellness purposes only.

Now Scheduling Appointments!

Make your appointments at the following links:
Wellness Screening - WHF.as.me/PRECORPWellness
Body Scan - whf.as.me/PRECORPScan
or call us at 800-979-3711 to schedule



We accept cash, checks & all major credit cards.



ALL LABS PROCESSED BY
LabCorp
Laboratory Corporation of America

**We are a preferred provider for
Blue Cross Blue Shield in Wyoming.**

Blood pressure and body fat analysis/BMI screenings available at no charge. All prices in this flier apply to this event only, are subject to change without notice, and may vary based on location.