

Save your July WREN!

Powder River Energy will hold its 80th Annual Meeting at Gillette Cam-Plex Energy Hall, Saturday, August 23. Cooperative members will cast ballots for three director seats that are up for election this year.

See candidate profiles and the mail-in ballot on the back cover of the WREN magazine.

On **Saturday, August 23**, the Annual Meeting will open at 7 a.m. with member registration, FREE wellness blood draws and screenings (see page 8), and voting (see back cover of the magazine).

Attendees may take home a variety of gifts including a 2026 PRECorp calendar, and more. Attendees can also partake in safety trailer demonstrations; a free noon lunch, and be eligible for door prizes including 4-H/FFA beef.

The meeting will run from 10:30



a.m. to noon, followed by lunch, special tours of **Dry Fork Station** (reservations requested, call 1-800-442-3630) and a free members-only concert by **Ned LeDoux**. (Ticket inside front cover. Seating is limited. First come, first served.)

Events Calendar

The list of PRECorp events includes Board meeting dates, holidays, telephone town hall meetings, and more.

- **MEETING CHANGE:**
Thursday, July 17 - PRECorp Board of Directors meeting, 9:30 a.m., Sundance
- **Tuesday, July 22** - PRECorp Foundation Board of Directors meeting, 9 a.m., teleconference
- **Wednesday, August 6** - PRECorp Walking Taco Booth Fundraiser, downtown Sundance
- **Tuesday, August 19** - PRECorp Board of Directors meeting, 9:30 a.m., Gillette
- **Saturday, August 23** - 80th PRECorp Annual Meeting, Gillette Cam-Plex
- **Tuesday, August 26** - PRECorp Foundation Board of Directors meeting, 9 a.m., Gillette
- **Wednesday, August 27** - Telephone Town Hall meeting with CEO Brian Mills, 6:30 p.m. Dial 888-886-6602 to participate.
- **Monday, Sept. 8** - PRECorp Foundation Golf Scramble, Golf Club at Devils Tower
- **Tuesday, Sept. 16** - PRECorp Board of Directors meeting, 9:30 a.m., Sheridan

ENERGY EFFICIENCY

TIP OF THE MONTH

Take advantage of the warmer weather to reduce home energy use. Avoid using your oven and use a grill instead. Not only will cooking outdoors eliminate the energy used to power the oven or stove, but it will also avoid raising the temperature inside your home, reducing the need for additional air conditioning.

You can also avoid using the oven with tasty no-bake recipes. Get creative in the kitchen and explore new ways to save energy!

Source: energy.gov



Five tips to reduce wildfire risks

The northeast Wyoming wildfire events of 2024 are considered some of the largest in the state's history.

Conditions in the weather and on the ground created situations that nearly overwhelmed local and regional fire response units. While the damage to property and land was excessive, many residents escaped major harm.

Powder River Energy is working to reduce the risk of wildfires throughout our service territory. Through regular vegetation management and grid maintenance and hardening practices, we are proactively working to reduce risks and improve the reliability of our local system.

PRECorp has published a Wildland Fire Risk Mitigation Plan to its website, for the public to learn more about the cooperative's efforts. Go to <https://precorp.coop/environmental-stewardship> for more.

As a member of PRECorp, here are some steps to remember as we enter wildfire season.

1. Properly extinguish campfires. Always douse

your campfire with water, stir the ashes and ensure everything is cool to the touch before leaving the area.

2. Don't burn on windy days. Avoid outdoor burning - including fireworks - when it's windy or dry, as embers can easily spread and ignite surrounding areas.

3. Clear vegetation and debris. Maintain a defensible space around your home by removing dry leaves, dead branches and other flammable materials.

4. Use equipment safely. Tools like lawnmowers or chainsaws can spark fires. Use them during cooler times of the day and keep them in good working condition.

5. Follow local fire regulations. Always check for burn bans or restrictions in your area before burning anything or using open flames outdoors.

For more information on wildfire prevention and preparedness, visit www.redcross.org.

5 WAYS to Reduce Use During Extreme Heat

During periods of extreme heat, the demand for electricity can skyrocket, placing additional strain on the grid. By working together to lower our electricity use, we can reduce pressure on the grid.

Here are five effective ways to lower use at home.



- 1. Raise your thermostat** setting a few degrees higher than usual. Every degree can reduce cooling energy consumption.
- 2. Cook with smaller appliances** to save energy and reduce heat gain in the kitchen.
- 3. Keep blinds, curtains and shades closed** during the hottest part of the day to block direct sunlight.
- 4. Use fans** to circulate air, which can make you feel cooler without needing to lower the thermostat.
- 5. Shift activities that require a lot of energy consumption to off-peak hours** when demand is lower.

Zylian™ Neurohealth Screenings

A rapid screening for functional cognitive health using a unique combination of:

- visual assessments
- vocal biometrics
- movement
- patient-reported outcome questionnaires



**TO SCHEDULE YOUR
FREE SCREENING
PLEASE VISIT:**

WHF.as.me/PRECORPZylian

Routine screenings can facilitate earlier disease detection. By engaging in proactive medical care, the progression of decline can be interrupted, potentially resulting in extended periods of independent living.



**FREE
ZYLIANT
SCREENINGS**

Grant Funded



WHF
Wyoming Health Fairs / Wellness Health Fairs

Available Screenings

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

 **Blood Chemistry Panel**

We are booking appointments to enhance your blood
draw experience without having to wait in line!

Make your appointments at the following links:

Wellness Screening - [WHF.as.me/PRECORPWellness](https://whf.as.me/PRECORPWellness)

**Zylian Screening - [WHF.as.me/PRECORPZylian](https://whf.as.me/PRECORPZylian)
or call us at 800-979-3711 to schedule**

All test options can be seen on reverse side.

We are now accepting the following insurance plans. Coverage is
subject to your specific wellness benefits. Any remaining costs will be
invoiced directly to you by WHF. Please bring your primary insurance
ID card at the time of the draw.



Casper - 115 S. Elm Street
Cheyenne - 611 E. Carlson, Suite 112
Laramie - 2835 Grand Avenue
Torrington - 2001 Main Street
Scottsbluff - 3321 Avenue i, Suite D

Powder River Energy Annual Meeting



Cam-Plex Energy Hall

1635 Reata Drive, Gillette WY

**Saturday
August 23, 2025
7:00am - 10:00am**





Wellness Screenings

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


Make your appointments at the following links:

**Wellness Screening - [WHF.as.me/PRECORPWellness](https://whf.as.me/PRECORPWellness)
Zylian Screening - [WHF.as.me/PRECORPZylian](https://whf.as.me/PRECORPZylian)
or call us at 800-979-3711 to schedule**

SCREENINGS SUGGESTED YEARLY





-  **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.*
- \$30 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.
- \$35 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.)
- \$40 PSA Screening for Men**  CPT - 84153
The PSA (prostate specific antigen) screening is one tool used to screen for prostate abnormalities. Recommended for men ages 50 or older. However, if there is a family history of prostate cancer, it is recommended at age 40.

VITAMIN SCREENINGS











- \$50 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.
- \$50 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**.

- \$32 Thyroid Panel 1**  CPT - 84436; 84479
Includes the **T3 Uptake**, **Total T4** (Thyroxine), and calculates a free Thyroxine index.
- \$57 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.
- \$82 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.
- \$47 Thyroid Antibodies**  CPT - 86376; 86800
Checks for antibodies that can injure the thyroid, affecting thyroid function. Includes thyroid peroxidase (TPO) and thyroglobulin antibody.

ADDITIONAL SCREENINGS

- \$42 Lipoprotein-associated Phospholipase A2 Activity (LP-PLA2)** CPT - 83698
Elevated levels of LP-PLA2 can indicate increased inflammation in blood vessel walls, helping your provider assess the likelihood of atherosclerosis (hardened arteries caused by plaque buildup) and related heart and stroke risks.
- \$27 Fasting Insulin**   CPT - 83525
Insulin Levels can be useful predicting susceptibility to the development of type II diabetes and assist in monitoring treatment. *Recommended 12 hour fasting.*
- \$47 Leptin** CPT - 83520
 Leptin is a hormone that helps regulate appetite by signaling when you are full. This screening can be used to monitor effectiveness of weight loss treatments, and the help identify causes of obesity.
- \$27 Zinc** CPT - 84630
 Zinc is a crucial element that plays a key role in wound healing, immune function, and fetal development. Zinc screenings can be used to assess exposure from diet and industrial sources while also monitoring the effectiveness of treatment.
- \$35 Blood Type - ABO RH** CPT - 86900; 86901
Determination of ABO blood group type and Rh factor.
- \$50 Men's Testosterone, Total**  CPT - 84403
Screening used to evaluate testosterone hormone levels. **Biotin consumption should be discontinued for at least 72 hours prior to testing.**
- \$60 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.
- \$82 Rheumatoid Arthritis (RA) 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 (CCP) antibodies; rheumatoid arthritis factor and Antinuclear Antibodies (ANA) Screening.
- \$35 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.
- \$35 Ferritin**  CPT - 82728
Indicates levels of iron protein stored in the body. Appropriate if iron levels are out of range in the Chemistry Panel.
- \$57 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.
- \$60 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. *You must be on a gluten-containing diet for antibody (blood) testing to be accurate. Fasting is not recommended.*

 **WHO highly recommends consultation with a physician prior to and following these tests.**

 **WHO recommends 12 hours fasting prior to blood draw, unless you are Diabetic.**

All WHO tests are non-diagnostic and intended for wellness purposes only.

Please see the back of this flyer for more details and results information*

We accept cash, checks
& all major credit cards.

