



WELL INTEGRATED SCREENING AND EVALUATING FOR WOMEN ACROSS THE NATION.

What is WISEWOMAN?

Our goal is to help you decrease your risk of heart disease and other chronic illnesses with FREE, preventive screenings. WISEWOMAN provides information and tools to help you:

- Eat healthy
- Stay active
- Lose weight
- Quit smoking

WISEWOMAN offers you FREE preventive screenings for:

- Blood pressure
- Cholesterol
- Glucose (blood sugar)
- Body Mass Index (BMI)

These additional services for healthier living are also available without charge:

- Lifestyle program
- Nutrition education
- Physical activity information and resources
- Smoking-cessation programs



WISEWOMAN is FREE to women who qualify.

SIGN UP TODAY!

Visit an office near you:

- Brooke County Health Department
- Grant County Health Department
- Hancock County Health Department
- Harrison-Clarksburg Health Department
- Health Access
- Marion County Health Department
- Milan Puskar Health Right
- Northern Greenbrier Health Center
- Randolph-Elkins Health Department
- Roane County Family Health Care
- St. George Medical Clinic
- West Virginia Health Right
- Wheeling Health Right
- Women's Health Center of West Virginia

Or call **1-800-642-8522** or **1-304-558-5388**

www.wisewoman.org



BE WISE ABOUT YOUR HEALTH.

WV OFFICE OF
**Maternal, Child
& Family Health**
West Virginia Department of Health and Human Resources

WEST VIRGINIA
Department of
**Health & Human
Resources**
BUREAU FOR PUBLIC HEALTH

WEST VIRGINIA
**WISE
WOMAN**

Do you qualify for WISEWOMAN?

To qualify, you must be a female resident of West Virginia and:

- Currently enrolled in the West Virginia Breast and Cervical Cancer Screening program or
- Uninsured, or unable to afford the costs of preventive screenings because of high deductibles or copays (underinsured)
- Able to see a health care provider that offers WISEWOMAN services


THE IMPORTANCE OF PREVENTIVE CARE

Preventive care is critical for knowing your health risks and making positive lifestyle changes to prevent:

- Heart disease
- Stroke
- Diabetes
- Other chronic diseases

Why be a WISEWOMAN?

- Heart disease is a major health problem for women—especially in West Virginia
- Heart disease claims the lives of more women than cancer, chronic respiratory diseases, Alzheimer's disease, and diabetes combined
- Preventive healthcare is critical for identifying those at risk and intervening early
- WISEWOMAN offers services to prevent heart disease and other major health problems including diabetes and weight gain



1 IN 3
ADULT WOMEN
WILL HAVE
SOME FORM
OF CVD

MORE THAN
HALF
CVD DEATHS
ARE WOMEN



Did you know?

- Heart disease, also known as cardiovascular disease (CVD), is the number one killer of Americans
- More than half of all CVD deaths are women
- CVD includes:
 - Stroke
 - High blood pressure
 - Congestive heart failure
 - Heart birth defects
 - Hardening of the blood vessels
 - Other diseases of the circulatory system
- One in three adult women have some form of CVD
- A woman's risk of CVD increases with age

LIFE'S SIMPLE SEVEN FOR REDUCING CVD FROM THE AMERICAN HEART ASSOCIATION

1. Get active
2. Control cholesterol
3. Eat better
4. Manage blood pressure
5. Lose weight
6. Reduce blood sugar
7. Stop smoking