

HealthNet # _____

Heart Wise

Free Screening Form

Yes, I would like to be contacted to schedule my free Heart Wise screening.

Yes, I am between 40 and 64 years of age.

Name

Date of Birth

Phone

Address



Public Health... Everyday, Everywhere, Everyone

Additional Resources

For more information on women and heart disease, visit the following Web sites:

- CDC's Cardiovascular Health Program
www.cdc.gov/dhdsp
- A Public Health Action Plan to Prevent Heart Disease and Stroke
www.cdc.gov/dhdsp/library/action_plan
- American Heart Association
www.americanheart.org

Jefferson County Public Health *Program Locations*

Arvada Clinic

6303 Wadsworth Bypass, Arvada, CO 80003

Lakewood Clinic

260 S. Kipling Street, Lakewood, CO 80226

303-232-6301

www.jeffco.us/health

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A 1 year **FREE** Program for Women & Men to Reduce Risks of Heart Disease

Jefferson County Public Health (JCPH)

303-239-7138

www.jeffco.us/health

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What is Heart Wise?

Heart disease is the leading cause of death among women & men in the United States.

Heart Wise is a program designed to help 40- to 64-year-old women & men reduce their risk of heart disease and promote a heart-healthy lifestyle.

Our goal is to provide low-income, under-insured or uninsured women & men with the skills they need to improve diet, physical activity, and other lifestyle behaviors to prevent, delay and control cardiovascular (heart) disease.

Reduce your risk of heart disease with
Heart Wise

CONTACT INFORMATION

Vickie Hayworth, RN, BSN
Public Health Nurse
Jefferson County Public Health
303-239-7009
vhaywort@jeffco.us

What Heart Wise Provides

- ◆ Free blood pressure screening
- ◆ Free cholesterol screening
- ◆ Free Body Mass Index (BMI) screening - *Body Mass Index is calculated from a person's height and weight and is used to screen for many weight-related health problems.*
- ◆ Ideas on how to increase physical activity
- ◆ Information about heart disease, stroke, high blood pressure, high cholesterol and diabetes
- ◆ Referral to a physician, if needed
- ◆ Referral to resources to help you quit smoking
- ◆ Referral to a registered nutritionist to improve your nutrition

For Appointments

303-239-7138

This program is partially funded by the Colorado Department of Public Health and Environment's Cancer, Cardiovascular and Pulmonary Disease Program

What Are the Risk Factors?

- ◆ Family history
- ◆ High blood pressure
- ◆ High cholesterol
- ◆ Obesity / overweight
- ◆ Smoking
- ◆ In-active lifestyle

Reduce Your Risks of Heart Disease

- ◆ During the year program, participants will meet with the Heart Wise nurse three times.
- ◆ Participants have unlimited access to a nutritionist while in the program.
- ◆ Make a HeartWise appointment call 303-239-7138

Get Your Heart Into It!

