Take Care of Your Heart
Heart disease and stroke risk can get overlooked in women, especially women who do not receive regular preventive care. Knowing your blood pressure, cholesterol, and blood sugar numbers help identify your risk early, and can reduce serious health problems or treat them early. Screening for heart health gives women the information they need to make the right health care decisions.

What does WISEWOMAN provide?
The program serves women ages 40 to 64 who also qualify for the Breast, Cervical & Colon Health Program. WISEWOMAN covers services that include:

♥ Screenings for:
  ♥ Overall cardiovascular risk
  ♥ Cholesterol
  ♥ Blood pressure
  ♥ Diabetes and prediabetes
  ♥ Body mass index (BMI)
♥ Counseling to reduce risk for heart disease and stroke
♥ Patient referrals to healthy lifestyle programs, other health behavior support options, and low-cost medication resources
Well-Integrated Screening and Evaluation for WOmen Across the Nation (WISEWOMAN)

WISEWOMAN is a program created to help women understand and reduce their risk for heart disease and stroke by providing services to promote lasting heart-healthy lifestyles.

WISEWOMAN is administered by the Washington Department of Health (DOH) Heart Disease, Stroke, and Diabetes Prevention Program, in coordination with DOH’s Breast, Cervical & Colon Health Program (BCCHP) to help ensure access to a range of health services.

This program serves women who:

♥ Live in areas where WISEWOMAN services are available
♥ Are between the ages of 40-64
♥ Have a low income
♥ Do not have insurance or who have high out-of-pocket costs

Where to Find WISEWOMAN in Washington

WISEWOMAN is available to women who meet eligibility requirements in areas of Western, Southwest, and South Central Washington.

To find a WISEWOMAN program, please contact the organization that serves your county.

**Pierce County**

*Citrine Health*: 1-888-651-8931

**Clark, Cowlitz, Grays Harbor, Lewis, Mason, Pacific, Skamania, Thurston, Wahkiakum Counties**

*PeaceHealth Southwest Medical Center*: 1-800-992-1817

**Benton, Columbia, Franklin, Kittitas, Klickitat, Walla Walla, Yakima Counties**

*Yakima Health District*: 1-800-535-5016

Heart Health Screening Saves Lives

Your whole body relies on your heart and circulatory system to get what it needs. Many factors influence risk for heart disease and stroke. These include:

♥ High blood pressure
♥ High LDL cholesterol
♥ Smoking
♥ Diabetes and prediabetes (at risk for diabetes)
♥ Being at an unhealthy weight
♥ Being physically inactive
♥ Excessive alcohol use
♥ Poor nutrition
♥ Family history of heart disease, diabetes, or stroke

Based on screening results, women enrolled in WISEWOMAN may be eligible to participate in a program to support new healthy habits. These lifestyle change programs may include:

♥ Take Off Pounds Sensibly (TOPS Club, Inc)
♥ WW (formerly Weight Watchers)
♥ National Diabetes Prevention Program
♥ Blood Pressure Self-Monitoring
♥ Other healthy behavior change programs (i.e., exercise groups, nutrition classes, etc.)