

Well-Integrated Screening and Evaluation 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 programs
- Nutrition education
- Physical activity resources
- Smoking-cessation programs

Your
**HEALTH IS
PRICELESS,
so our screenings
ARE FREE!**



MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**

WISEWOMAN Program

866-726-9926

[Health.Mo.Gov/wisewoman](https://www.health.mo.gov/wisewoman)



SHOW ME
*Healthy
Women*

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**BE WISE
ABOUT YOUR
HEALTH**



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Do you Qualify for WISEWOMAN?

To qualify, you must be a female resident of Missouri between the ages of 35-64 years old and:

- Currently enrolled in Show Me Healthy Women (Missouri's breast and cervical cancer screening program).
- Uninsured, or unable to afford the costs of preventive screenings because of high deductibles or copays (underinsured).



Did you know?

- Heart disease, also known as cardiovascular disease (CVD), is the number one cause of death among Americans.
- More than half of all CVD deaths are women.
- CVD includes:
 - » Stroke
 - » High blood pressure
 - » Congestive heart failure
 - » 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.

Choose the Path to Healthy Living

Regular checkups and screenings

You can take advantage of the Show Me Healthy Women Program and Missouri WISEWOMAN Program in one combined visit.

Eat healthy

Eat at least five servings of fruits and vegetables, along with lean protein sources, low-fat dairy products, whole grains and healthy fats. Choose healthier cooking methods like baking and grilling.

Become more active

Strive for 30 minutes of moderate physical activity on most days of the week. Begin with small changes that increase your everyday activities, like taking the stairs or parking your car further from an entrance. Talk to a medical provider before starting any exercise program.

Stop smoking

Quitting smoking is one of the most important things that you can do for your health. Breaking this one habit can help you live longer, healthier and lower your chances of having a heart attack, stroke or cancer.



Why be a WISEWOMAN?

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

LIFE'S SIMPLE SEVEN FOR REDUCING CVD

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

American Heart Association