

The Wise Choices program is designed to screen individuals and identify risk factors for heart disease, stroke and diabetes.

You are eligible for this screening if you are:

- ✓ 18 years and older
- ✓ male or female
- ✓ insured or uninsured
- ✓ within generous income guidelines



What does Wise Choices offer?

- ✓ Cholesterol and HDL
- ✓ Blood Sugar or A1C
- ✓ Body Mass Index (BMI)
- ✓ Blood Pressure Measurement



A Wise Choices Nurse is available to provide you with information about your health screens. You will have the opportunity to set healthy lifestyle goals.



You will be able to receive one-on-one health coaching in:

- ✓ Weight Management
- ✓ Diabetes Prevention
- ✓ Blood Pressure Medication Use
- ✓ Healthy Eating Habits
- ✓ Smoking Cessation
- ✓ Physical Activity

If you are a business and would like this program brought to your organization for a Wellness Activity, contact the Health Department of Northwest Michigan at 1-800-432-4121.



Wise Choices



*Make a wise choice
to get screened!*



**Healthy
Workplace
Choices
Ahead.**



1-800-4342-4121
nwhealth.org

