

## Do you qualify for WISEWOMAN?

To qualify, you must be a female resident of Missouri between the ages of 40-64 years old and:

- Currently enrolled in the Missouri Breast and Cervical Cancer Screening program (Show Me Healthy Women)
- Uninsured, or unable to afford the costs of preventative screenings because of high deductibles or copays (underinsured)



## 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*
  - 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...



## Schedule regular checkups and screenings

You can take advantage of the Missouri Breast and Cervical Cancer 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 the 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 and better 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 pre-diabetes and weight gain.

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

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

# 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, preventative screenings. WISEWOMAN provides information and tools to help you:

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

WISEWOMAN offers you FREE preventative 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 resources
- Smoking-cessation programs

**BECAUSE YOUR  
HEALTH IS  
PRICELESS  
OUR HEALTH SCREENINGS  
ARE FREE**



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and Senior Services  
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[www.health.mo.gov/living/healthcondiseases/  
chronic/wisewoman](http://www.health.mo.gov/living/healthcondiseases/chronic/wisewoman)

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Services provided on a nondiscriminatory basis.

Alternate forms of this publication for persons with disabilities may be obtained by contacting the Missouri Department of Health and Senior Services at 573-522-2845.  
Hearing- and speech-impaired citizens can dial 711.

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**BE WISE ABOUT  
YOUR HEALTH**



**WISEWOMAN™**

Missouri Department of Health and Senior Services