# The Washington WISEWOMAN Program



## **WISEWOMAN**<sup>™</sup>

Well-Integrated Screening and Evaluation for WOMen Across the Nation

### What does WISEWOMAN provide?

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
- Patients also enrolled in BCCHP qualify for breast and cervical cancer screening services which include:
  - ♥ Mammogram
  - Pap test
  - Follow-up diagnostic and treatment after abnormal results

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

#### This program serves people 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
- Are eligible for the Breast, Cervical & Colon Health Program



#### Where to Find WISEWOMAN in Washington

WISEWOMAN is available in **Pierce**, **Clark**, **Yakima** and **King** counties. To find a WISEWOMAN program, please contact the organization that serves your county:

#### **Pierce County**

Citrine Health: 1-888-651-8931

#### **Clark County**

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

#### Yakima County Yakima Health District: 1-800-535-5016

#### **King County**

International Community Health Services (Bellevue): 425-373-3000



This brochure was made possible by cooperative agreement DP18-1816 from the Centers for Disease Control and Prevention/Division for Heart Disease and Stroke Prevention/WISEWOMAN Program. Contents do not necessarily represent the official views of the CDC.

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email <u>civil.rights@doh.wa.gov</u>.