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

**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

**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

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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 civil.rights@doh.wa.gov.