



WISEWOMAN  
[www.MiWISEWOMAN.org](http://www.MiWISEWOMAN.org)



WISEWOMAN

## *Come join us!*

As a WISEWOMAN participant you will have many opportunities to learn about eating healthy, being active, and quitting smoking.

You'll learn why a healthy you is your first priority. When you put your health first, you may inspire family or friends to do the same.

You'll also learn how just one small step toward better health can make a big difference.

Healthy people make healthy communities! Let it begin with you!

**Sign up for the  
WISEWOMAN Program at:**



2171 S. Linden Road  
Flint, MI 48532  
844-232-770  
[geneseehealthplan.org](http://geneseehealthplan.org)



*Making*

*Healthier*

*Choices for a*

*Healthier Life*



2171 S. Linden Road • Flint, MI 48532  
**1.844.232.7740**  
[www.geneseehealthplan.org](http://www.geneseehealthplan.org)



## What is the WISEWOMAN Program?

The WISEWOMAN Program provides Michigan women with health screenings and services that promote healthy lifestyle changes to decrease the risk of a heart attack or stroke.



## What is included in the WISEWOMAN Program?

- ✓ **FREE Health Screenings:**
  - Height, weight, and body mass index (BMI)
  - Blood pressure
  - Cholesterol
  - Blood sugar
  
- ✓ **FREE Health Coaching to:**
  - Discuss your screening results
  - Learn about your health risks and how to reduce them
  - Set a small step toward better health (*only if you are ready*)
  - Continuous support from your health coach

## Am I eligible for WISEWOMAN?

To be eligible for the WISEWOMAN Program, you must be a woman between the ages of 40 and 64. You must also meet certain income guidelines.

### *Eligibility is based on your household income:*

- 1 person household...\$37,650
- 2 person household...\$51,100
- 3 person household...\$64,550
- 4 person household...\$78,000

## What else should I know about the WISEWOMAN Program?

With the WISEWOMAN Program, you'll be eligible for:

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### **Lifestyle Support Programs:**

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- **Cooking Matters Classes:** A six-week course where participants learn to prepare and shop for healthy meals on a limited budget.
- **Diabetes Prevention**
- **Smoking Cessation**
- **TOPS (Taking Off Pounds Sensibly):** Provides weekly weigh-ins and support services

# Ready to join?



To enroll in the WISEWOMAN program, you'll need to schedule an appointment through **Genesee Health Plan.**

### **Your appointment will include:**

- Your annual health screenings
- A conversation with a health coach about your health history and screening results

*Appointments usually last 45-60 minutes.*

## **Contact Genesee Health Plan**

**844-232-7740**

[geneseehealthplan.org](http://geneseehealthplan.org)