



# NC WISEWOMAN Program

Well Integrated Screenings and Evaluation for WoMen Across the Nation

**Mission:** Equip women of all racial/ ethnic groups with knowledge, skills, and opportunities to help reduce risk for heart disease and stroke by providing services to promote last heart-healthy lifestyles.

## **What are the WISEWOMAN Services?**

NC WISEWOMAN has participant focused evidence-based programs that are unique to the women served in NC. These programs are called Healthy Behavior Support Services (**HBSS**). These unique programs are **FREE** and will assist women with risk associated with high blood pressure, diabetes, stroke, and stress management. Participants will set goals surrounding physical activity, better eating habits, and stress management.

### **HBSS Services Include:**

**NC HeartWise:** Self-Monitoring Blood Pressure Program

**Diabetes Prevention Program (DPP)-** Online Pre-Diabetes Session to prevent Type 2 Diabetes

**Health Coaching:** Addresses changes that will help with better nutritional habits and physical activity

**YMCA Health and Wellness:** Free 3 month program to promote whole body wellness for all risk associated with chronic illnesses.

## **ELIGIBILITY**

- NC BCCCP Eligible
- Women ages 40-64
  - No Income or Low Income
  - Uninsured or Underinsured

## **TEAM-BASED CARE**

Work closely with other providers to meet the need of the participant. These services can be included and documented as health coaching sessions.

## **BIDIRECTIONAL REFERRALS**

Connect with other community clinical linkages to bridge services for the participant. This will allow the provide to directly stay connected with the referral source to assess the participants goal outcomes and program involvement.

## **CONTACT US**

<https://bcccp.ncdhhs.gov/wisewoman.htm>

If you are interested in implementing WISEWOMAN telehealth services, please contact the Nurse Consultant in your region for assistance.