



Nafissa Cisse Egbuonye, Ph.D., MPH
Director of Public Health

Date: _____

Dear _____:

Please review the enclosed results of your recent blood work and annual exam visit with your provider. As part of your enrollment in the comprehensive Care for Yourself program (WISEWOMAN), we were able to pay for your blood work, as well as offer you an opportunity to talk about your healthy lifestyle goals.

In the next week or so, I will contact you regarding the results of your office visit, and we can talk about any heart healthy goals you would like to achieve in the next few months. The WISEWOMAN programs allows for a minimum of three Health Coaching calls. We can also offer a variety of heart healthy information materials. If you qualify and are interested, we can offer free home Blood Pressure monitoring machines, enrollment into Weight Watchers, Medication Therapy Management, or enrollment into a Diabetes Prevention Program.

Please review the enclosed information. I will give you a call next week and we can determine if you would like to work toward setting a heart healthy lifestyle goal.

Sincerely,

Gabbi DeWitt
Iowa *Care for Yourself* Program
Office (319) 292-2225