

To order any of the items below please contact Denise Attard Sacco at:

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 Fax: (515) 242-6384

Mailing Address: Iowa Department of Public Health
 Iowa *Care for Yourself* Program
 Lucas State Office Building
 321 East 12th Street, 4th Floor
 Des Moines, IA 50319

Mailing Information

Program/County: Full Name:
 Street Address: City: State: Zip:

Quantity Item Description

WISEWOMAN Materials	
<input type="text"/>	Form: WISEWOMAN Informed Consent and Release (English)
<input type="text"/>	Form: WISEWOMAN Informed Consent and Release - (Spanish)
<input type="text"/>	Brochure: WISEWOMAN Program Brochures (English)
<input type="text"/>	Brochure: WISEWOMAN Program Brochures (Spanish)
<input type="text"/>	Wallet Card: Screening Results (English)
<input type="text"/>	Wallet Card: Screening Results (Spanish)
General Cardiovascular Health	
<input type="text"/>	Brochure: Women and Heart Disease (English)
<input type="text"/>	Brochure: Women and Heart Disease (Spanish)
<input type="text"/>	Booklet: Get Pumped about Heart Health (English)
<input type="text"/>	Brochure: Stress and You (English)
<input type="text"/>	Brochure: Stress and You (Spanish)
Nutrition Activity Materials	
<input type="text"/>	Managing Your Weight (English)
<input type="text"/>	Managing Your Weight (Spanish)
<input type="text"/>	Booklet: Heart Healthy Recipes (English)
<input type="text"/>	Booklet: Heart Healthy Recipes (Spanish)
<input type="text"/>	Info sheet: Aim for a Healthy Weight: Portion Distortion Quiz (English)
<input type="text"/>	Wallet card: Heart-Healthy Guide To Fast Food - pocket pal (English)

<input type="checkbox"/>	Brochure: How to Eat Healthy, FastGuide (Spanish)
<input type="checkbox"/>	Info sheet: Choose foods low in Sodium (English)
<input type="checkbox"/>	Brochure: Choose foods low in Sodium (Spanish)
Physical Activity Materials	
<input type="checkbox"/>	Book: Everyday Fitness Handbook (English)
<input type="checkbox"/>	Brochure: Walking for a Healthy Heart - (English)
<input type="checkbox"/>	Brochure: Walking For Better Health - (Spanish)
<input type="checkbox"/>	Info Sheet: Stretching Activities (English)
<input type="checkbox"/>	Info sheet: Walking Program (English)
<input type="checkbox"/>	Booklet: Activity and Food Tracker (English)
<input type="checkbox"/>	Booklet: Activity and Food Tracker (Spanish)
Blood Pressure Materials	
<input type="checkbox"/>	Brochure: Managing High Blood Pressure (English)
<input type="checkbox"/>	Brochure: Managing High Blood Pressure (Spanish)
Prediabetes and Diabetes Materials	
<input type="checkbox"/>	Info sheet: Prediabetes (Bilingual)
<input type="checkbox"/>	Brochure: Diabetes and Heart Disease (English)
<input type="checkbox"/>	Brochure: Diabetes and Heart Disease (Spanish)
Cholesterol Materials	
<input type="checkbox"/>	Managing High Blood cholesterol and other lipids (English)
<input type="checkbox"/>	Managing High Blood cholesterol and other lipids (Spanish)

Office Use Only

Date form received: _____

Date items mailed: _____

Estimated mailing cost: _____

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