

WISEWOMAN Master Form

Updated 8.30.21

Regional Program

Coordinator

Participant First Name

Last Name

Address

City

State

Zip Code

Date of Birth

ID#

Spanish Speaking?

Weight Watchers

Weight Watchers Location: Online

In person

Vouchers Request Date:

Distribution: Coordinator to deliver

Send to participant

Self-Monitored Blood Pressure Program

Referral Date

Diagnosis

Newly Diagnosed

Previously Diagnosed

Monitor Type: A&D Medical (S/M cuff)

Lifesource (large cuff)

Hypertension Brochure:

Medication Therapy Management

Referral Date:

Pill box:

Hypertension Brochure:

Cholesterol Brochure:

Diabetes Brochure:

Distribution:

Coordinator to deliver:

Send to participant

Walk With Ease (WWE)

Walk With Ease guide book (5th Edition)

English:

Spanish:

Pedometer: Yes

No

Distribution: Coordinator to deliver

Send to participant

Gas Vouchers

Request Date:

Reason for voucher:

Distribution: Coordinator to deliver

Send to participant

Healthy Lifestyle Tools

Date Requested:

Available in English and Spanish:

Brochure: Women and Heart Disease (English)
Brochure: Women and Heart Disease (Spanish)
Small Booklet: Stress and You (English)
Small Booklet: Stress and You (Spanish)
Brochure: Managing Your Weight (English)
Brochure: Managing Your Weight (Spanish)
Booklet: Heart Healthy Recipes (English)
Booklet: Heart Healthy Recipes (Spanish)
Brochure: How to Eat Healthy, FastGuide (Spanish)
Wallet card: Heart-Healthy Guide To Fast Food (English)
Info sheet: Choose foods low in Sodium (English)
Brochure: Choose foods low in Sodium (Spanish)
Brochure: Walking for a Healthy Heart – (English)
Brochure: Walking For Better Health - (Spanish)
Booklet: Activity and Food Tracker (English)
Booklet: Activity and Food Tracker (Spanish)
Info sheet: Prediabetes (Bilingual)

Available in English and Spanish (cont.):

Brochure: Managing High Blood Pressure (English)
Brochure: Managing High Blood Pressure (Spanish)
Brochure: Diabetes & Heart Disease (English)
Brochure: Diabetes & Heart Disease (Spanish)
Managing High Blood cholesterol & other lipids (Eng)
Managing High Blood cholesterol & other lipids (Sp)
Dieta Alta en Fibra (Spanish)
High Fiber Diet (English)
Life's Simple 7 (English)
Los 7 Pasos (Spanish)

Available in English only:

Booklet: Get Pumped About Heart Health
One Page Brochure: Portion Distortion Quiz
One Page Brochure: Stretching Activities
One Page Brochure: Walking Program
Booklet: Everyday Fitness Handbook

Distribution Coordinator to deliver

Send to participant

Email form to: Denise Attard Sacco at denise.attard-sacco@idph.iowa.gov

Healthy Lifestyle Tools

Date Requested:

Information sheets

English

Spanish

Diabetes

Prediabetes

Nutrition - Fruit

Nutrition - Grains

Nutrition - Proteins

Nutrition - Veggies

Physical Activity

Salt

Sugar

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