

## Heart Health & Diabetes



### Your Risk Assessment:

#### Uncontrollable Risk Factors:

- I am male, over age 45     I am female over age 55
- I have an existing heart condition
- I have a family history of heart disease or diabetes
- I have diabetes
- I have high blood pressure
- I have a family history of high blood pressure
- I am African-American, Hispanic, Asian or Native American

#### Controllable Risk Factors:

- I smoke cigarettes, pipes, cigars or use tobacco
- I am more than 10 lbs overweight
- I don't know my cholesterol level
- I don't know my blood pressure
- I don't know my blood sugar level
- I am under stress from work or home
- I do not exercise at all or regularly

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To understand your risk level, please complete a risk assessment. If you have 3 or more risk factors, either controllable or not, you should schedule for an evaluation. Understanding your risk level is the key to achieving better health and decreasing your risk for diabetes, stroke, and heart attack. Remember, many risk factors can be controlled through changes in diet and exercise.

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#### More about our services:

Wellness Institute, Inc. has provided the Heart Health and Diabetes program for more than ten years at various work sites, senior centers, and organizations. Services are covered by insurance, and staff are board certified medical providers with specialized training in cardiac and diabetes assessment and management. Cost for the program varies by site.

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