



Story Title: Grateful for WISEWOMAN

Location: Genesee County Health Department

Focus: Connecting with Community Resources

Strategy: Betty lives outside Genesee County. The county where she lives does not have a local health plan. She was long overdue for a medical evaluation and did not know how or where she could receive help. During her screening and counseling session with WISEWOMAN, it was discovered that Betty's total cholesterol was 296 mg/dL. She also had a history of hypothyroidism. First, she was given a referral for a diagnostic exam. Then she was told about a free medical clinic in her county. She had no idea her county even had a free medical clinic. This was great, because Betty had other medical issues that needed attention such as her hypothyroidism.

Outcomes: One year later Betty's total cholesterol is down to 186 mg/dL. She is on anti-cholesterol medication and has made several changes to her dietary habits. She is also receiving treatment for hypothyroidism. Because she is feeling better and has more energy, she recently joined Curves to get some regular exercise. Betty says "If it hadn't been for the WISEWOMAN program, I never would have gone for medical care and my health would be deteriorating." She is grateful for the program and feels her quality of life has improved. Congratulations Betty!!

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