



# WISEWOMAN UPDATE

November 2004

## FY04 Paperwork Submission Deadline

MDCH must receive the Client Screening Form, Healthy Lifestyle Assessment Form, and Health History Form for all FY04 clients By **November 5, 2004** in order for the clients to count in your FY04 caseload.

## Paperwork Reminders

Thank you so much for the great job you've all been doing on the paperwork! While the majority of the submitted paperwork is excellent, there are a few items we want to bring to your attention:

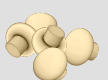
- Please remember to indicate the client's MBCIS number on the paperwork rather than your local agency client number.
- Please make sure that the forms are completed in their entirety, even if the information seems redundant. If you do not have the information, please indicate that rather than leaving something blank.
- Please review the Health History and Healthy Lifestyle Assessment Forms with your clients to clarify any answers for which more than one box is marked as only one answer to each question can be entered into the WISEWOMAN database.
- On the Lifestyle Contracts, please set a specific goal with your client rather than simply checking the box next to the goal.
- It is essential that your handwriting is legible and that you press down firmly on the carbon forms to ensure that the pink and yellow copies can be read.
- When selecting a client's level of intervention, please double check the criteria listed on the screening form as the criteria has changed slightly for this fiscal year.

## Forms in Chinese and Spanish

The following forms have been translated into Chinese and Spanish: Informed Consent, Healthy Lifestyle Assessment, and Health History. To obtain copies of these forms, please contact Patty Ferry at 517-335-9966 or [ferryp@michigan.gov](mailto:ferryp@michigan.gov).

## FY04 WISEWOMAN Claims

As a reminder, Nationwide must receive all original FY04 claims (dates of services October 1, 2003 – September 30, 2004) by December 31, 2004. Any original FY04 claim that Nationwide receives after December 31, 2004 will be rejected.





## Smart Shopper's Starters

Before you head to your local grocery store, there are pre-shopping steps that can make your trip a whole lot easier, help you pick the most nutritious foods available, and help you save money to boot.

As you review the pre-shopping steps below, keep these tips in mind to get you started down the right aisle!

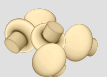
- Know the layout of your store.
- Check the newspaper ads for foods on sale. Use discount coupons only if they're for items you really buy.
- Eat before shopping. If you go to the store hungry, you're likely to buy things you don't really need.
- Keep a list of foods you usually buy to compare regular and sale prices.
- Shop where there's unit pricing to help you choose from various brands and sizes. Where unit pricing isn't available, figure the price per ounce by dividing the price by the number of ounces in the container.
- Compare prices of various forms of the same foods, such as canned, frozen, and fresh orange juice.
- Read labels carefully for ingredient and nutrition information. Look for American Heart Association heart-check mark for foods low in fat and cholesterol.



**American Heart Association**

Products displaying the heart-check mark meet American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

- Beware of crushed or damaged frozen food packages. The contents may have been thawed and refrozen.
- Pass up displays at checkout stations. They're often items you buy on impulse rather than need.



## Lighten Up!

Losing excess weight is important to your well-being. Here's why:

- People who are more than 20 pounds over their ideal body weight (obese) are more likely to develop heart disease, even if they have no other risk factors.
- Obesity is unhealthy because excess weight puts more strain on your heart. It can raise blood pressure and blood cholesterol and make diabetes more likely to develop. Losing excess weight is one of the best ways to reduce your risk of heart problems and other diseases.
- You can reduce your risk of heart disease by reaching and staying at a healthy weight. That means cutting back on fats and eating more fruits, vegetables, and grains. It also means being physically active.

Obesity is now considered a major risk factor for heart disease. According to the latest data, nearly 66 million American adults exceed the healthy weight range defined by the U.S. dietary guidelines.

Let's face it, not everyone can be thin. But you can reach and maintain a healthy weight! It's not easy, but it's possible. Your genes may affect your tendency for obesity, but some people eat excess calories.

So battle the bulge with a plan that includes developing – and maintaining – a healthful diet and an active lifestyle. It also helps to have family or friends who support your efforts. In short, managing your weight requires you to be smart for your heart.

## Hold It!

Your heart will be healthier if you reach and maintain your best weight and don't go up and down the scale like a yo-yo. If you've been able to lose weight, good for you! You've taken the extra strain off your heart and lowered your risk for heart problems. You should be proud of your success.

Keeping extra weight off can be as challenging as losing it. Many things will tempt you to go back to your old habits. You'll find that support from others is very helpful in this phase.

It takes commitment to stick to your new, healthy lifestyle. When you do, you may

- Have more self-control with food
- Feel stronger
- Have better eating habits
- Have fewer mood swings
- Be in better overall shape

