

## What are the requirements?

Peak Wellness offers free screenings to men and women who:

- Are between 40 and 64 years old
- Are Colorado residents
- Are legal residents of the U. S.
- Meet income qualifications
- Have no health insurance or have insurance with a high deductible
- For women: have not had a mammogram in the last 11 months, or are currently experiencing a breast problem



Schedule your free cancer and heart health screenings today by calling Peak Wellness at 303-363-3018.

Locations are listed on the back.



To schedule an appointment at one of the following Tri-County Health Department clinics, call 303-363-3018.

Aurora Office  
Altura Plaza (Courthouse Building)  
15400 E. 14th Place #309  
Aurora, CO 80011-5828

Englewood Office  
4857 S. Broadway  
Englewood, CO 80113

Northglenn Office  
10190 Bannock Street, Suite #100  
Northglenn, CO 80260

Castle Rock  
4400 Castleton Court  
Castle Rock, CO 80109

Commerce City  
4201 E. 72nd Avenue  
Commerce City, CO 80022

For more information about Peak Wellness, and to make an appointment for a free health screening, call 303-363-3018.

*This program is sponsored by the Cancer, Cardiovascular Disease and Pulmonary Disease Grants Program and the Women's Wellness Connection at the Colorado Department of Public Health and Environment.*

*Tri-County Health Department services are provided without regard to race, language, national origin, sex, sexual orientation, age, religion or disability. Printed on recycled paper.*

Tri-County Health Department  
[www.tchd.org/peakwellness.htm](http://www.tchd.org/peakwellness.htm)  
303-363-3018

# FREE

cancer, diabetes  
and heart health  
screenings for  
men and women in  
Adams, Arapahoe  
and Douglas  
Counties



Take care of your loved ones  
by taking care of yourself



## Get FREE cancer, diabetes and heart health screenings.

These screenings will help make sure you'll be there to take care of your loved ones for years to come.

Get screened and increase your chances of living a long life.



## A few small steps can make all the difference.

Your Peak Wellness appointment takes only about 90 minutes. In that time you can complete your health screenings, get your results, and get helpful information that can help you lower your risk of heart disease, stroke and diabetes, as well as lowering the risk of breast cancer, cervical cancer for women.

It's a fast and easy way to take control of your health. Schedule your free health screenings today by calling 303-363-3018.

## Here are the FREE services you can expect on your first visit to a Peak Wellness clinic:

- Screening for heart disease
- Blood pressure reading
- Cholesterol measurement
- Blood sugar test for diabetes
- Measuring height, weight and Body Mass Index (BMI)

A free meeting with a Registered Nurse to explain your screening results and make appointments for follow-up care if it's needed.

A free meeting with a Registered Dietitian or health educator to help you make small changes that can lower your risk of heart disease and diabetes, like being more active, eating better and quitting smoking or smoking less.

## Additional Peak Wellness services just for women:

- Screening for cervical cancer including a Pap test
- Screenings for breast cancer
- Scheduling an appointment for a free mammogram



## You will also receive care and support beyond your first visit.

Peak Wellness' follow-up and support services include:

- Follow-up for anything unusual found during your health screenings
- Medical referral for diagnosis and treatment, if needed
- Case management with a nurse
- Access to low cost follow-up care if you're at high risk for heart disease or diabetes
- Support for a healthy lifestyle
- Invitations to special classes
- Newsletters with great information and tips for healthy living
- Free one-on-one telephone follow-up with a Registered Dietitian or Health Educator
- Free counseling with a Quit Smoking Specialist
- Access to Medicaid to help with treatment costs if breast or cervical cancer is detected
- Birth control services available\*

*\* A small fee may apply for this service*