

Hemoglobin A1c

Waist Circumference

Height-Weight

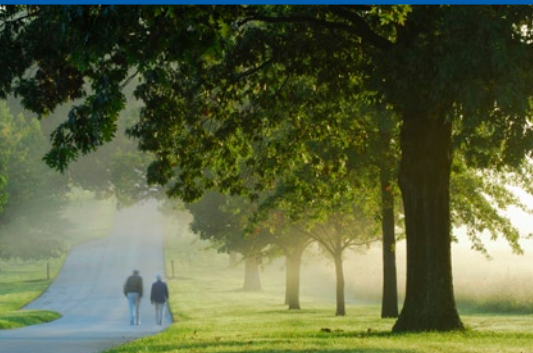
Blood Pressure

Cholesterol

List of Medications

Health Navigators

Leading you down the road to better health.



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Rev. 6-09

see blue.
in everything we do.

Health Navigator Program



Here to help



Do you want to improve your health but don't know where to start?

The Health Navigator program can help you to find the best way for you to achieve your health goals.

A Health Navigator is a person trained to help you make changes in your health habits in a way that works best for you.

The Health Navigator program is a free service that helps guide you to resources in your community that will help with your personal health goals. Navigators can give you information on:

- weight loss
- exercise opportunities
- support groups
- community groups and activities
- diabetes control
- other health questions you may have

Please feel free to call our toll free number at anytime!

Note: When you call, you will be asked for your name, the health condition you are calling about, and the best way to get in touch with you.

Diabetes Support

If you have been diagnosed with diabetes, you are not alone. In fact, millions of people in America have diabetes.

If you have been recently diagnosed, you probably have many questions running through your head.

If your loved one has diabetes, you may be wondering how you can help.

Health Navigators can help you find local programs and resources related to your health needs.

We can also help you find the nearest diabetes support group so that you can talk to people that know about the challenges of diabetes.

Your Health Navigator can also send you free, reliable health information by mail or e-mail.



Healthy Living

Exercise

You might not be able to run a mile or even walk to the mailbox, but exercise - in any amount - is important to your health.

Your Health Navigator will help you find ways to enjoy exercising and will give you the information and encouragement you need to succeed.

Healthy Eating

Many of your favorite recipes can be altered to be lower in fat and can still taste great!



Your Health Navigator can teach you simple steps you can take that will make healthy cooking easy.

If you eat out regularly, your navigator can help you get nutrition information on the restaurant you are planning to visit. This will enable you to make smart decisions when eating out or at home.