

Know Your Numbers

Did You Know That Many Health Issues Are Preventable?
These services are offered at Windber Medical Center
To help reduce your risk:

Know Your Numbers Campaign (814) 467-3485

Health Screenings, Education & Fitness Including:

- Blood Pressure Checks
- Body Mass Index Screening
- Pulmonary Function Screening Tests
- Community Laboratory Blood Tests
- Healthy Living & Disease Prevention Education

Integrated Cardiac Health Program

- Cardiac Risk Clinic (814) 467-3634 or (866) 467-6474

HealthStyles Medical Fitness Center (814) 467-3892

- Cardiac Rehabilitation
- Fitness Center Memberships
- Physician Exercise Program (P.E.P.)
- N.E. Body Program

Highmark Wellness Programs (814) 467-3485

- Drop 10-in-10 – Weight Management
- Personal Nutrition Coaching- One on one consultations with a Registered Dietitian
- Eat Well for Life I & II- Promotes Long-Term Weight Loss
- Daily Steps to Less Stress- Reduce personal stress through practical relaxation techniques and innovative stress management strategies

Weight Loss Surgery- Bariatric Surgery Center of Excellence®

(814) 467-4750

- Lap Band
- Gastric Bypass
- Gastric Sleeve

1

Blood Pressure

One of the strongest measures for heart disease risk.

2

Blood Glucose

Commonly used to diagnose the presence of diabetes.

3

Cholesterol

Too much bad cholesterol can lead to hardening of the arteries and put you at risk for heart attack or stroke.

4

Body Mass Index (BMI)

An indicator of risk for developing preventable weight related diseases.

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