



WISEWOMAN (**W**ell-**I**ntegrated **S**creening and **E**valuation for **W**omen **A**cross the **N**ation) is a program offered by the National Kidney Foundation of Michigan (NKFM). WISEWOMAN supports low-income, uninsured, and underinsured women ages 40-64 in Southeast Michigan to make healthy changes by setting small goals through health screenings and coaching.

## BERNICE'S STORY

Bernice D. kicked off 2023 by enrolling in the WISEWOMAN program. Now, 7 months later, Bernice has reached all her health goals and is already sharing what she learned with family and friends in order to help make the community around her healthier.

"I had people in my life who were on me about my health. **This program helped me actually get started.** I had concerns about my blood sugar, which had gone up into a prediabetic range - I was NOT ready for that. I wanted to know what to do to avoid diabetes. My kids, my best friend, my doctor and my coach all came together to help me get to the starting line. My goal is to be healthy, wealthy and wise!"

Bernice had great success in the program. She is walking regularly and is able to go further without getting tired. Her coach helped her be more mindful of diet, exercise, and medication adherence. She enjoyed the winter holidays and festivities without gaining weight, and eventually reached her weight loss goal. "I feel great. Now when I eat, I feel good - I hear Coach Sheila in my head! I am more mindful."

"This program really helped me. **The coach encouraged me through love and from a place of kindness.**" Now Bernice is walking the walk and is modeling her healthy habits for others.

### Program Features:

- **Health screenings** (glucose, cholesterol, blood pressure)
- **Goal setting** and planning
- Health **coaching** support
- **Resources** to support health goals, like exercise equipment and cooking supplies
- **Referrals** to community-based lifestyle programs, paid for by WISEWOMAN
- **Evaluation** to measure progress

“ I feel ready to elevate my health goals in the future! I'm ready for the next level. And I'm ready to help others. I work with children and parents of young kids and I know I can encourage them to think about their health also.”

-Bernice D., program participant

