



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.

*"Everyone deserves a health coach! As we know, women often prioritize caregiving for others before addressing their own wellbeing – **the WISEWOMAN program helps women put their health first** and is proven to help women understand and lower their risks for [various] chronic illnesses. Our outstanding health coaches are beloved by our participants, and many stay in touch after the program is completed."*

-Ryder C., Program Lead

The National Kidney Foundation of Michigan adopted the WISEWOMAN program in June 2021 to encourage lifelong healthy lifestyle changes among women living in Southeast Michigan. While it certainly did just that, WISEWOMAN has become more than just a program for those involved. WISEWOMAN health coaches have become a safe, reliable, and empowering influence for participants to focus on what's most important to them. Since June 2021, **85 women have been screened.**

With support from the United Way for Southeast Michigan, the NKFM has been able to offer more than just personalized health coaching. Participants also received support tools to help them address basic needs and to support their healthy goals, including **grocery cards, exercise equipment, transportation assistance, cooking supplies** and more. In 2022, NKFM added a **new referral site** in Westland.

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

*“ My calls with my health coach have been the catalyst for change for me. **My whole mindset has shifted.** My success is spilling over into other parts of my life too. I’m much happier with where I am than where was a few months ago. I am so grateful.”*

-Benita T., program participant

