

**Call to Schedule
An Appointment:**

Appointments are scheduled on
Tuesday's between 7 a.m. and 11 a.m.

Please call (815) 544- 9730
to schedule your screening.

Sources:

[http://www.cdc.gov/alcohol/fact-sheets/
alcohol-use.htm](http://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm)

<http://www.cdc.gov/bloodpressure/>

[http://www.cdc.gov/family/checkup/
index.htm](http://www.cdc.gov/family/checkup/index.htm)

[http://www.cdc.gov/healthyweight/
assessing/index.html](http://www.cdc.gov/healthyweight/assessing/index.html)

[http://www.idph.state.il.us/about/
chronic/
Volume2_Issue15_October2013.pdf](http://www.idph.state.il.us/about/chronic/Volume2_Issue15_October2013.pdf)



Boone County Health
Department

1204 Logan Ave
Belvidere IL61008

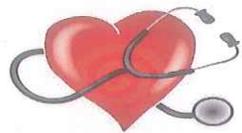
Phone:815-544-9730

**Boone County
Health Department
Chronic Disease
Prevention Program**



Public Health
Prevent. Promote. Protect.

**Boone County
Health Department**



Chronic Disease Screening \$75

What's included:

- ♥ Labwork** (results sent to your provider):
 1. CMP (Blood sugar, kidney and liver function, etc.)
 2. Lipid Panel (cholesterol, triglycerides, HDL, LDL)
 3. CBC (blood cell count, platelets, etc.)
 4. Urinalysis
- ♥ Blood Pressure and Weight Check
- ♥ Nurse Consult that includes a physical assessment and education about chronic disease prevention.
- ♥ Referral to a primary care provider (if you don't have one).
- ♥ Tools to help you track your numbers.

**Additional labwork can be requested with a physician's order at an additional cost. Please call

(815) 544-9730 for pricing.

Know Your Numbers

Blood Pressure: Maintaining a healthy blood pressure (BP) can reduce your risk of stroke and heart disease. According to the CDC, 1 in 3 adults has high blood pressure and since symptoms are rare many of these people are unaware. For this reason, it is important to check your BP regularly.

Weight: The first step in determining if your weight is affecting your health is to track the numbers you read on the scale. If you have been diagnosed with a chronic disease your weight could be a contributing factor.

Bloodwork: Routine bloodwork such as cholesterol and blood sugar can be helpful in early detection of chronic diseases and should be done annually or as directed by your healthcare provider.

Family History: Consider the genetic components of your risk for chronic diseases as well. Inform your primary care provider of diseases that run in your family.

To schedule your appointment

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Healthy Habits

Nutrition and Activity Level: Incorporating healthy eating habits and physical activity into your lifestyle can reduce the risk of many chronic diseases. We can provide you with recommendations or suggestions of simple ways to make healthy choices.

Eliminate Tobacco Use: The use of tobacco products can raise blood pressure and increase the risk of heart disease and cancer.

Limit Alcohol Use: Excessive alcohol consumption raises blood pressure and over time increases the risk of developing many types of cancer, heart disease, stroke, anxiety depression, and dependence.

