



What is included in a Health Assessment?

- ◆ Lab Test
(cholesterol, blood sugar)
- ◆ Blood Pressure
- ◆ Immunization
- ◆ Hearing Assessment
- ◆ Eye Assessment
- ◆ Nutrition Assessment
- ◆ Health Information and Resources

Waupaca County NUTRITION and ACTIVITY (NuAct)

University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating. UW-Extension provides equal opportunities in employment and programming including Title IX and ADA. Please make requests for reasonable accommodations to ensure equal access to educational program as early as possible preceding the scheduled program, service or activity.

Working on Wellness(WOW)

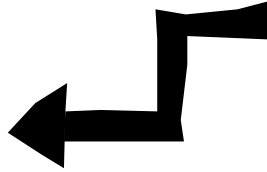
**ARE YOU
SELF-EMPLOYED
AND
UNDERINSURED?**



**HOW ABOUT A
FREE HEALTH
ASSESSMENT?**

*This partnership project is funded by
the Healthier Wisconsin Partnership Program,
a component of the Advancing a Healthier Wisconsin
endowment at the
Medical College of Wisconsin.*

How do I Start ?



Step 1

Call for a health assessment visit

Step 2

Take part in a health assessment

Step 3

Health assessment follow-up

How much does it cost?

Assessments are free through the “Working on Wellness” grant for Waupaca County individuals that are self-employed or underinsured.

Where will it take place?

Assessments can take place at your home or other convenient locations.

What if a problem is found?

Health Resource Information will be provided to help individuals access health opportunities.

The Waupaca County Nutrition and Activity Coalition (NuAct) invites you to contact us if you are interested in:

___ **Health Risk Assessment**

(Self-Employed)

___ **Business/School Connection**

(Proactive Health Opportunities)

___ **Community Resource Offerings**

(Healthy Activities and Classes)

YOUR CONTACT INFORMATION

Name:

Address:

Phone:

Fax:

E-mail:

WOW Health Risk Assessment Contact:

Shirley Yaeger, RN, 715-258-6402

WOW Partnerships & Community Resources

Connie Abert, UWEX, 715-258-6230

**Or mail to: Waupaca County UW-Extension
811 Harding, Waupaca, WI 54981**