



Health & Wellness OUTREACH

Empowering our community through education

ABOUT THE PROGRAM

Rx OUTREACH provides affordable medication for those who are uninsured or under-insured. From speaking with healthcare professionals and patients, it was discovered that in addition to needing affordable medication, people needed education to understand how to better manage their health.

The Health and Wellness Outreach program provides health education and resource referrals to empower our community to live healthier lives.

Community partners connect people with the workshops. They provide meeting space so that participants will not need to travel for training. Rx Outreach partners with churches, senior centers, and social service organizations to identify greatest needs and provide training in community settings where it is easily accessible to the target population.

The program delivers high-quality, effective health education with professional medical staff that many organizations could not afford to provide on their own.

BY THE NUMBERS: In 2018, the Health and Wellness Outreach Program served over 1,300 people in 50 sites throughout the St. Louis metropolitan area.



*Bridgette Sims, RN, CDE
Health & Wellness Outreach Coordinator*

BRIDGETTE SIMS is a Registered Nurse and Certified Diabetes Educator with over 25 years experience in the healthcare industry.

Ms. Sims has worked in many healthcare organizations in the St. Louis metropolitan area including the Washington University School of Medicine, BJC, Anthem Blue Cross/Blue Shield and United Healthcare.

As a Health and Wellness Outreach Coordinator for Rx Outreach, Bridgette provides health education and resource information in the community so people have the tools and knowledge to live longer, healthier lives.

**TAKING MEDICATION THE RIGHT WAY**

For many people, the use of medication is necessary to maintain good health. Yet, studies have shown that half of the 3.2 billion annual prescriptions dispensed in the United States are not taken correctly. In this informative workshop:

- ✓ Learn the general risks and benefits of medication therapy
- ✓ Discover common medicine use problems
- ✓ Know how to identify adverse reactions to medications
- ✓ Learn ways to improve safe medication use and more!

**WHAT'S UP DOC? - MAKING THE MOST OF YOUR DOCTOR'S VISIT**

Research shows patients get, on average, 18 minutes with their primary care doctors at each visit. Learn how to make the most of the time with your physician:

- ✓ Discover how to prepare before your visit
- ✓ Learn the 3 most important questions you should ask your physician (Ask Me 3)
- ✓ Learn what you should bring each visit
- ✓ Learn tips to help remember what your doctor says

**COOKING SMART FOR A HEALTHY HEART**

Heart disease is the leading cause of death for both men and women. In this informative workshop:

- ✓ Learn why eating healthy is more important as we get older
- ✓ Discover ways to eat heart healthy on the go
- ✓ Learn 5 simple changes you can make today
- ✓ Find out about the "Salty Six"

**SUGAR, SUGAR - DIABETES AND YOU**

According to the Centers of Disease Control and Prevention, 29.1 million people in the U.S. have diabetes. Older adults 65 and over make up the largest percentage of this group. Find out more:

- ✓ Learn what diabetes is and why it happens
- ✓ Learn risk factors and signs of diabetes
- ✓ Learn treatment and management strategies for diabetes
- ✓ Discover coping strategies for diabetes and more!



NUTRITION BINGO

Experience a fun way to learn about nutritious foods and healthy eating. It's BINGO with a twist!



CONTROLLING YOUR CHOLESTEROL

One in six Americans has high cholesterol. Keeping cholesterol levels in normal range is important for people at all ages. Join us as we:

- ✓ Review why it is important to have controlled cholesterol levels
- ✓ Understand the effect high cholesterol has on the body
- ✓ Learn about medications for lowering cholesterol
- ✓ Discover lifestyle changes for lowering cholesterol



HELP FOR AFFORDING MEDICATIONS

For many people, the use of medications is necessary to maintain good health. However, you or someone you know may go without needed medications due to cost. Learn helpful tips to lower your prescription costs in this informative workshop:

- ✓ Understand the difference between generic and branded medications
- ✓ Learn ways to work with your physician to lower your prescription costs
- ✓ Discover community resources
- ✓ Learn how to access medication assistance programs



SHAKE, RATTLE AND ROLL - ACTIVITIES FOR A HEALTHY LIFESTYLE

If you've never exercised, stopped exercising for some reason, or you exercise regularly - this class is for you! Join us to:

- ✓ Learn the difference between physical activity and exercise
- ✓ Learn how to address barriers to physical fitness
- ✓ Learn which activities improve overall health
- ✓ Discover how to include physical activity in your everyday activities and more!



DOES THAT REALLY WORK?" - COMMON HEALTH MYTHS

Join us as we review which common health myths are true and which have no actual basis in fact. The results may surprise you!

**DON'T BLOW YOUR TOP! - MANAGING HIGH BLOOD PRESSURE**

According to the Centers of Disease Control, 1 in 3 Americans have high blood pressure. Adults over 55 have the highest rates of high blood pressure. Join us to:

- ✓ Learn about the salty six
- ✓ Discover how the DASH diet may help
- ✓ Learn about medication therapy for high blood pressure
- ✓ Find out how diet and exercise affects blood pressure

**HEART AND SOUL - HOW SPIRITUALITY AFFECTS YOUR HEALTH**

Your spirituality is an essential part of your health and well-being. In this workshop:

- ✓ Understand the spiritual foundation of the first hospitals and medical providers
- ✓ Discover how research has identified the link between health and spirituality
- ✓ Learn how spirituality can be helpful in managing health conditions
- ✓ Learn how to integrate your spiritual beliefs in your healthcare management

**BABY, IT'S COLD OUTSIDE - STAYING SAFE IN COLD WEATHER**

Older adults can lose body heat fast. A big chill can turn unto a dangerous problem before a person realizes what is happening. In this workshop:

- ✓ Learn about the warning signs of hypothermia and how to prevent it
- ✓ Understand what health conditions may make it hard to stay warm
- ✓ Learn ways to stay warm at home
- ✓ Discover the best way to dress for the cold when you go out

**HEALTH AND WELLNESS FADS - WHAT'S NEW? WHAT'S TRUE?**

From quinoa to the Paleo Diet, each year ushers in a new crop of health and wellness trends and diets that get people talking. Discover the newest health and wellness practices and find out if they live up to their claims in this exciting workshop.

**THE HEALTHY MIND - 7 WAYS TO PROMOTE MENTAL HEALTH**

What are you doing to keep your mind healthy? In this informative workshop we will examine what a healthy mind looks like and you will discover seven essential activities necessary for optimal mental health.



AGING SMART - BRAIN HEALTH AS YOU AGE

According to the Alzheimer's Association, 1 in 3 older adults die with Alzheimer's or another type of dementia. In this workshop:

- ✓ **Learn how aging affects your health**
- ✓ **Review good health and the normal aging brain**
- ✓ **Discover threats to brain health**
- ✓ **Discover ways to promote healthy aging for your body and brain**



THE MIND-BODY CONNECTION - HOW EMOTIONS AFFECT YOUR HEALTH

Your body responds to the way you think, feel, and act. The way you feel physically affects your mind and emotions. Learn more about the relationship between your emotions and your physical health in this informative workshop. We will review the latest Mind-Body research and therapies to help you live a healthier life.



HEALTHY SMILES FOR A HEALTHY LIFE

Oral diseases are no laughing matter! Discover how aging affects your smile and learn how good oral care can improve your overall health.

CUSTOM DESIGNED SEMINARS:

Wellness classes on other subject matters may also be created based upon our participant's needs. Call Bridgette Sims today at 314-627-6139 for more information.



Providing affordable medications for people in need.