



Plan
Your
Future
Start Today!

Mission Statement

Our commitment is to assist the women of our community to improve their health, and that of their family members, by promoting lifestyle choices that reduce the risk of preventable diseases through Health Assessments, Education, Personalized Counseling and, and Action Plan that offers a comprehensive health program.

Women's Health Solutions is staffed by an experienced R.N., and Lifestyle Counselor and Registered Dietitian who will work with you and your personal physician in the achievement of your optimal health.

1006 Harrison Street
Covington, LA 70433, (985) 871-4044





Discovering Your Future

In the 3rd Century B.C., Hippocrates wrote: "All parts of the body which have a function, if used in moderation and exercised in labors to which each is accustomed, become thereby well-developed and age slowly; but if unused and left idle, they become liable to disease, defective in growth and age quickly."



Services

Level 1 profile

- Comprehensive Assessment
- Full Lipid Panel
- Blood Glucose
- Body Mass Determination
- Lifestyle Consultation
- Personalized Program
- Referral and Follow-up

Level 2 profile

- Comprehensive Assessment
- Full Lipid Panel
- Blood Glucose
- Body Mass Determination
- Lifestyle Consultation
- Personalized Program
- 12-Lead ECG
- Treadmill Stress Test
- Physician Consultation
- Referral and Follow-up

Some insurance wellness benefits will cover cost.

Fact.

One in 30 women die each year due to breast cancer.

Fact.

One in every 2.5 women die each year due to heart disease or stroke.

Don't let the stats get you down.

*Live Smart.
Start Today.*

Women's Health Solutions offers a full range of health services

Take 10 quiet minutes to complete a comprehensive health assessment that profiles your risk for

- Heart Disease
- Cancer
- Diabetes
- Osteoporosis
- Stroke
- Stress Related Disease
- Venous Disease

Receive Immediate Results

Within minutes of your assessment, meet with a certified lifestyle counselor who will assist you to develop your personalized plan including:

- Educational tools specific to your needs
- Individual physical activity plan
- Meal planning
- Daily relaxation plan
- Smoking Cessation
- Referrals to other caring health professionals

- Know Your Numbers: Blood Pressure, Blood Sugar, Body Fat, Cholesterol
- Learn and perform self breast exams every month.
- Don't use tobacco products.
- Limit consumption of alcoholic beverages.
- Practice injury prevention.
- Visit your dentist and eye doctor regularly.
- During or after menopause, discuss use of hormone supplement with your physician.
- Make sure your diet is rich in calcium and Vitamin D.
- Be properly vaccinated.

Nutrition.

*Physical Activity.
Weight Management.*