

What are the requirements?

Peak Wellness offers free screenings to men and women who:

- Are between 40 and 64 years old
- Are Colorado residents living in Adams, Arapahoe or Douglas Counties
- Are legal residents of the U. S.
- Meet income qualifications
- Currently have no health insurance, and/or for women, health insurance that does not cover a Pap test or mammogram and who have not had a Pap test or mammogram in the last 12 months



Schedule your free cancer and heart health screenings today by calling Peak Wellness at 303-363-3018.

Locations are listed on the back.



To schedule an appointment at one of the following Tri-County Health Department clinics, call 303-363-3018.

Aurora Office

Altura Plaza (Courthouse Building)
15400 E. 14th Place #309
Aurora, CO 80011-5828

Englewood Office

4857 S. Broadway
Englewood, CO 80113

Northglenn Office

10190 Bannock Street, Suite #100
Northglenn, CO 80260

Castle Rock

4400 Castleton Court
Castle Rock, CO 80109

Commerce City

4201 E. 72nd Avenue
Commerce City, CO 80022

For more information about Peak Wellness, and to make an appointment for a free health screening, call 303-363-3018.

Tri-County Health Department services are provided without regard to race, language, national origin, sex, sexual orientation, age, religion or disability.

Tri-County Health Department

www.tchd.org/peakwellness.htm

FREE cancer, diabetes and heart health screenings for men and women in Adams, Arapahoe and Douglas Counties



Get FREE cancer, diabetes and heart health screenings.

These screenings will help make sure you'll be there to take care of your loved ones for years to come.

Get screened and increase your chances of living a long life.



A few small steps can make all the difference.

Your Peak Wellness appointment takes only about 90 minutes. In that time you can complete your health screenings, get your results, and get helpful information that can help you lower your risk of heart disease, stroke and diabetes, as well as lowering the risk of breast cancer, cervical cancer for women.

It's a fast and easy way to take control of your health. Schedule your free health screenings today by calling 303-363-3018.

Here are the free services you can expect on your first visit to a Peak Wellness clinic:

- Screening for heart disease
- Blood pressure reading
- Cholesterol measurement
- Blood sugar test for diabetes
- Measuring height, weight and Body Mass Index (BMI)

A free meeting with a Registered Nurse to explain your screening results and make appointments for follow-up care if it's needed.

A free meeting with a Registered Dietitian or health educator to help you make small changes that can lower your risk of heart disease and diabetes, like being more active, eating better and quitting smoking or smoking less.

Additional Peak Wellness services just for women:

- Screening for cervical cancer including a Pap test
- Screenings for breast cancer
- Scheduling an appointment for a free mammogram



You will also receive care and support beyond your first visit.

Peak Wellness' follow-up and support services include:

- Follow-up for anything unusual found during your health screenings
- Medical referral for diagnosis and treatment, if needed
- Case management with a Registered Nurse
- Access to Medicaid to help with treatment costs if breast or cervical cancer is detected
- Access to low cost follow-up care if you're at high risk for heart disease or diabetes
- Support for a healthy lifestyle
- Invitations to special classes
- Newsletters with great information and tips for healthy living
- Free one-on-one telephone follow-up with a Registered Dietitian or Health Educator
- Free counseling with a Quit Smoking Specialist