

How do I get started?

If you have access to a computer:

1. Visit www.oldnorthend.org by January 20, 2010 to complete the online health risk assessment. The link to the health risk assessment is located at the top of the home page. After clicking on the link, you will be directed to a logon page. Before you can enter your username and password, you will need to register by clicking on the word Register located on the right side of the screen and then accept the Terms and Conditions. The first question on the Register screen asks for your Program. In this box enter: ONEN. The assessment will take 15-25 minutes to complete. After completing your health risk assessment, click submit to send your results for processing.
2. Once you complete the health risk assessment, you will be prompted to schedule a screening appointment on either January 23 or 28, 2010. Please choose your preferred appointment date and time. If you need assistance, call 776-ONEN (6636) or send an email to: PSFhealthyneighbors@centura.org.
3. Arrive at your scheduled appointment time. Please drink a glass or two of water an hour before your appointment so your body will be hydrated for the screenings.

If you do not have access to a computer: Please do one of the following before January 20, 2010:

- Ask a friend or neighbor if you can use their computer to complete the health risk assessment and schedule an appointment. If you need assistance, call 776-ONEN (6636) or send an email to: PSFhealthyneighbors@centura.org.
- Call a member of the ONEN Wellness Committee for assistance:
 - Dave Munger - 337-5838
 - Mary Barry - 633-0499
 - Skip Mundy - 471-8244
- Call the Penrose Hospital Wellness Center at 776-ONEN (6636) and schedule an appointment for help completing your health risk assessment and scheduling an appointment.

Who can I contact if I have additional questions?

Please call 776-ONEN (6636) or email PSFhealthyneighbors@centura.org. Someone will be available to take your call between 9 a.m. – noon, Monday – Friday. After that time, you may leave a voice mail or send an email and we will respond promptly.

*Screenings:

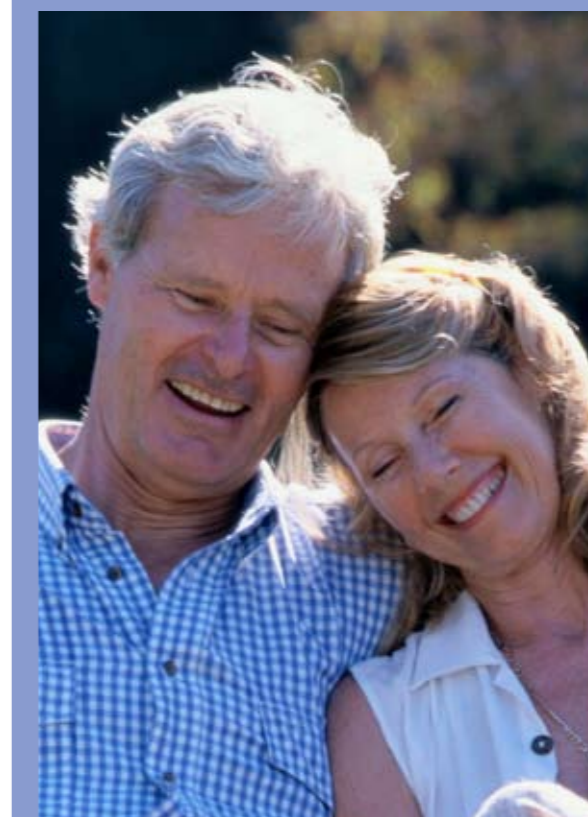
Blood Pressure – The force of your blood pushing against the walls of your blood vessels.

Total Cholesterol – Blood test to determine the quantity of low-density lipoprotein (LDL) and high-density lipoprotein (HDL) in the bloodstream.

HDL – Blood test to determine the quantity of high-density lipoprotein (HDL) in the bloodstream.

Glucose - Measures the amount of glucose or blood sugar in the blood.

Body Mass Index (BMI) – an accurate method to determine health risk as it relates to your body weight and height.



The Healthy Neighborhood Project: Getting Started & Frequently Asked Questions

Brought to you by:

Penrose-St. Francis Health Services



Penrose-St. Francis Health Services



penrorestfrancis.org



What is the Healthy Neighborhood Project?

The Healthy Neighborhood Project is a collaborative effort by the Old North End Neighborhood (ONEN) and Penrose-St. Francis Health Services to nurture and improve the health of our community, one neighborhood at a time. The project is designed to help ONEN residents learn about, improve upon and track their health status. With your participation, Penrose-St. Francis can measure the effectiveness that wellness and prevention programs have on your health and help bring projects, like this one, to other neighborhoods in our community. Penrose-St. Francis is proud to offer this program, which ties directly to our mission by caring for those who are ill and nurturing the health of the people in our community.

What does the Healthy Neighborhood Project include?

The project includes:

- A pre- and post-project online health risk assessment
- A pre- and post-project health screening* including body mass index, blood pressure, total cholesterol, non-fasting HDL & glucose

- Wellness Fun Fair featuring additional screenings, wellness information, activities for kids and more!
- One-on-one wellness coaching and self-directed care
- Access to free and low-cost wellness classes and events to help you achieve your goals
- Incentives and prizes for participation
- Celebration and Awards Ceremony

Who is eligible to participate?

ONEN residents who are:

- 18 years and older
- The first 500 to register

Children may attend the Wellness Fun Fair if accompanied by an adult.

How much does it cost?

Participation in the Healthy Neighborhood Project is **FREE!** Some optional wellness classes are free or may have a nominal fee.

Why should I participate?

- Get to know your ONEN neighbors better and support one another.
- Stay focused for 2010 on your health.
- Feel better and increase your energy!
- Participate in a NEW project never offered before.
- Be inspired and motivated by your own personal health coach.
- Win prizes for participating in healthy activities.

What type of commitment is required if I participate?

This project is designed to help you and we want you to get the most out of participation. A commitment to the following can help you succeed:

- Complete the online health risk assessment and schedule your screening appointment by January 20, 2010.
- Participate in the screenings, meet with a wellness coach and attend the Wellness Fun Fair.
- Make healthy lifestyle changes that can improve your health like attending wellness classes, exercising, walking, and eating healthy.
- Meet with your personal wellness coach at scheduled times (if part of your program).
- Complete the post-project online health risk assessment and screenings.
- Celebrate your success at the Celebration and Awards Ceremony.

Why do I need to complete the online health risk assessment and schedule my appointment before January 20, 2010?

We know your time is valuable. Completing the online health risk assessment and scheduling your appointment by January 20, 2010 provides the following benefits:

- The earlier you take the online health risk assessment the more choices you will have for appointment times.
- Your health risk assessment information will be readily accessible to screeners and coaches at your appointment, minimizing wait time.

- Helps us plan for staffing, activities and goodies for participants.
- Lets us know if we need to add screening dates and appointment times should we have an overwhelming response to the project.

I do not have access to a computer. Can I still participate?

Yes. Please see the "How do I get started?" box for instructions.

Will you share this information with my family members, employer, insurance company, etc?

No. All individual information entered and collected for the Healthy Neighborhood Project will be kept confidential. Aggregate data on participants will be communicated at the end of the project but will not reveal individual information.

Where will the screening/Wellness Fun Fair take place?

Penrose Hospital Wellness Center (basement)
2222 N. Nevada Ave. (see map)

Please enter through the East Tower Main Entrance. Free valet parking is available.

When is the screening/Wellness Fun Fair?

You can schedule your screening for Saturday, January 23, 2010 **OR** Thursday, January 28, 2010 between the hours of 6:30 a.m. – 3 p.m. The Wellness Fun Fair takes place on both dates from 6:30 a.m. – 3 p.m.

Can I bring my children to the Wellness Fun Fair?

Due to recent H1N1 (Swine flu) guidelines we prefer that you do not bring children to the hospital. However, if they need to come with you, there will be fun fitness activities for children at the Wellness Fun Fair. To protect children, associates, volunteers, and patients from possible H1N1 exposure, children will only be allowed to visit the basement of the East Tower where the screening and Wellness Fun Fair will take place. Children must be accompanied by an adult at all times.