

PREVENTION IS MEDICINE






Here is a great starting point for being proactive about your health care.



Available at MWC

** 360 Can Provide Assistance with Referral



MEDICAL HEALTH

-  Bloodwork/Blood Pressure
- Cardiac Calcium Score Test **
-  Cholesterol Levels (lipid profile)
- Dental Cleaning Bi-Annual
-  Dermatologist Annual Skin Cancer Check **
-  Immunizations
-  Optometrist Annual Eye Exam
- PCP: Establish Care **
- PCP: Annual Visit **


MUSCULOSKELETAL HEALTH

-  Chiropractic: Posture Assessment & Ergonomic Evaluations
-  Exercise Physiologist: Fitness Assessment, Perfecting Form & Customized Planning
-  Physical Therapist: Injury Prevention & Rehabilitation
-  Stretching and Mobility


MENTAL HEALTH

-  Mindfulness Visit / Guided Meditation
- Routine cognitive assessments, particularly for seniors **
-  Stress Management

NUTRITION AND LIFESTYLE

- Behavioral help for quitting smoking, managing weight, and improving health habits **
- Consultations with a nutritionist **
-  Guidance on healthy lifestyle choices: exercise, nutrition, sleep, and stress management

ADDITIONAL TEST

-  Blood glucose screening
- Bone density test (DEXA scan) **
- Mammogram **
- Prostate Cancer Screening (PSA test and digital rectal exam) **