

METHODIST WELLMOBILE SCREENINGS

The Methodist Wellmobile is a massive consumer education program designed to promote healthier living among Central Illinois residents. Our free or low cost screenings are conducted by caring, trained Methodist Medical Center staff who travel throughout Central Illinois educating members of the community on issues including healthy living, disease prevention, early detection of disease and treatment.

Methodist
Wellmobile

Methodist
Wellmobile

Wellness Screening Schedule

2010



Servicing our community
with the support of:

Methodist



HCR • ManorCare

Heartland • ManorCare • Riverview



FIRST CHOICE MEDICAL EQUIPMENT
You are #1 with us
PEORIA • GALESBURG • MONMOUTH



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U.S. POSTAGE
PAID
PEORIA, IL
Permit No. 760

ANKLE BRACHIAL INDEX: Through the assessment of blood pressures in both arms and ankles, the Wellmobile is able to determine a person's risk for peripheral artery disease (PAD). This disease causes the narrowing of the arteries to the arms, legs and internal organs, and increases a person's risk for heart attack or stroke. Blood pressure, blood glucose, cholesterol and spirometry are also included.

Requirements: An 8-12 hour fast is required for the cholesterol and blood glucose portion of the screening. Participants must have clean, dry feet and be able to remove shoes, socks or stockings. No appointment necessary. **Cost:** Free

BLOOD GLUCOSE: This screening is offered as a portion of the cholesterol screening and tests blood sugar levels in the body, to determine if an individual is at risk for Diabetes.

Requirements: An 8-12 hour fast is required. No appointment necessary. **Cost:** Free

BLOOD PRESSURE: The Wellmobile can assess an individual's risk for heart disease or stroke. Blood Pressure is offered as a portion of all other Wellmobile screenings, but may be conducted alone at a number of outdoor and evening screenings.

Requirements: No appointment necessary. **Cost:** Free

CHOLESTEROL: This screening requires a small blood sample from the finger. It measures total cholesterol, high density lipoproteins (HDL), low density lipoproteins (LDL), triglycerides levels, as well as, the ratio of total cholesterol to HDLs and blood glucose. These factors help to determine an individual's risk for heart attack or stroke. Blood pressure, blood glucose and spirometry are also included.

Requirements: An 8-12 hour fast is required. No appointment necessary. **Cost:** Free

HEART: This screening includes a full electro-cardiogram (EKG), which may detect abnormalities in the rhythm of the heart. These abnormalities may indicate an increased risk for heart attack or stroke. Blood pressure, blood glucose, cholesterol and spirometry are also included.

Requirements: An 8-12 hour fast is required for the cholesterol and blood glucose portion of the screening.

Appointment is required - visit www.MyMethodist.net and click on Classes & Screenings or call 672-5900. Minimum of 20 participants required.

Cost: \$40.00 cash or check (Discounted fee of \$75.00 offered for both Heart and Stroke Screenings)

PROSTATE: This screening is recommended for men over the age of 50. A blood draw from the arm is analyzed in the laboratory and results are mailed to the patient. These results indicate a possible risk of Prostate Cancer. Blood pressure, blood glucose, cholesterol and spirometry are also included.

Requirements: An 8-12 hour fast is required for the cholesterol and blood glucose portion of the screening. Appointment is required - www.MyMethodist.net and click on Classes & Screenings or call 672-5900. Minimum of 20 participants required.

Cost: \$25.00 cash or check

SPIROMETRY: Tests pulmonary function of the lungs to determine an individual's risk for Emphysema, Chronic Obstructive Pulmonary Disease or other diseases related to the lungs. Spirometry is included with all other Wellmobile screenings.

Requirements: Participants must be under 80 years of age. **Cost:** Free

STROKE: A doppler is used to monitor and assess the carotid pulse in the neck to determine any potential narrowing of the arteries. This narrowing may indicate an increase risk for stroke. Blood pressure, blood glucose, cholesterol and spirometry are also included.

Requirements: An 8-12 hour fast is required for the cholesterol and blood glucose portion of the screening. Appointment is required - www.MyMethodist.net and click on Classes & Screenings or call 672-5900. Minimum of 20 participants required.

Cost: \$40.00 cash or check (Discounted fee of \$75.00 offered for both Heart and Stroke Screenings)

Screenings are subject to change without notice, due to weather issues, lack of participants, conflicts with the hosting facility or other factors beyond our control. We apologize for any inconvenience this may cause.

ALL SCREENINGS ARE FROM 8:30 A.M. – 11:30 A.M.

BLOOD PRESSURE/CHOLESTEROL/SPIROMETRY

January 6 Methodist Medical Group at Lacon
 January 9 Methodist at the Atrium
 January 12 Methodist at Morton
 January 13 Methodist Medical Group at Mt. Hawley
 January 21 Methodist at Canton
 January 28 Methodist Medical Group at Metamora
 February 3 Methodist Medical Group at Knoxville
 February 8 Methodist Medical Group at Chillicothe
 February 10 Methodist MedPointe Peoria
 February 15 Methodist Medical Group at Washington
 February 19 Methodist Medical Group at Farmington
 February 23 Methodist Medical Group at East Peoria
 March 3 Methodist Center for Integrative Medicine
 March 5 Methodist at Pekin
 March 11 Methodist Medical Group at Southwest Jefferson
 March 13 Methodist at the Atrium
 March 16 Methodist Medical Group at Princeville
 March 23 Methodist Medical Group at Sterling
 April 7 Methodist Medical Group at Lacon
 April 13 Methodist at Morton
 April 15 Methodist at Canton
 April 22 Methodist Medical Group at Metamora
 May 5 Methodist Medical Group at Knoxville
 May 8 Methodist at the Atrium
 May 10 Methodist Medical Group at Chillicothe
 May 12 Methodist MedPointe Peoria
 May 17 Methodist Medical Group at Washington
 May 21 Methodist Medical Group at Farmington
 May 25 Methodist Medical Group at East Peoria
 June 2 Methodist Center for Integrative Medicine
 June 4 Methodist at Pekin
 June 9 Methodist North at Allen Road
 June 10 Methodist Medical Group at Southwest Jefferson
 June 15 Methodist Medical Group at Princeville
 June 22 Methodist Medical Group at Sterling

July 7 Methodist Medical Group at Lacon
 July 10 Methodist at the Atrium
 July 13 Methodist at Morton
 July 15 Methodist at Canton
 July 22 Methodist Medical Group at Metamora
 August 4 Methodist Medical Group at Knoxville
 August 9 Methodist Medical Group at Chillicothe
 August 11 Methodist MedPointe Peoria
 August 16 Methodist Medical Group at Washington
 August 20 Methodist Medical Group at Farmington
 August 24 Methodist Medical Group at East Peoria
 September 1 Methodist Center for Integrative Medicine
 September 3 Methodist at Pekin
 September 8 Methodist North at Allen Road
 September 9 Methodist Medical Group at Southwest Jefferson
 September 11 Methodist at the Atrium
 September 21 Methodist Medical Group at Princeville
 September 28 Methodist Medical Group at Sterling
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ANKLE BRACHIAL INDEX

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HEART/STROKE

January 12 Methodist at Morton
 March 5 Methodist at Pekin
 May 8* Methodist at the Atrium
 May 10 Methodist at Chillicothe
 July 15 Methodist at Canton
 September 3 Methodist at Pekin
 September 11* Methodist at the Atrium
 November 3 Methodist Medical Group at Knoxville
 November 13* Methodist at the Atrium
 * indicates Heart Screenings only

PROSTATE

January 9 Methodist at the Atrium
 January 13 Methodist Medical Group at Mt. Hawley
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Locations:

Methodist at the Atrium
 900 Main Street, Peoria

Methodist at Canton
 2076 North Main Street, Canton

Methodist at Morton
 1909 North Morton Ave, Morton

Methodist North at Allen Road
 2338 West Sud Parkway, Peoria

Methodist at Pekin
 1800 Broadway, Pekin

Methodist Center for Integrative Medicine
 9010 North Allen Road, Peoria

Methodist Medical Group at Chillicothe
 525 Sweetbriar, Chillicothe

Methodist Medical Group at East Peoria
 200 River Road, East Peoria

Methodist Medical Group at Farmington
 158 East Fulton Street, Farmington

Methodist Medical Group at Knoxville
 2709 North Knoxville, Peoria

Methodist Medical Group at Lacon
 225 Fifth Street, Lacon

Methodist Medical Group at Metamora
 901 West Walnut, Metamora

Methodist Medical Group at Mt. Hawley
 7801 North Knoxville, Peoria

Methodist Medical Group at Princeville
 223 East Main Street, Princeville

Methodist Medical Group at Southwest Jefferson
 2127 Southwest Jefferson, Peoria

Methodist Medical Group at Sterling
 3335 North Sterling Avenue, Peoria

Methodist Medical Group at Washington
 205 North Cummings Lane, Washington

Methodist MedPointe Peoria
 8914 North Knoxville Avenue, Peoria

For information about
 Methodist Wellmobile screenings, visit
www.MyMethodist.net/events