

SERVING THE COMMUNITY

(one person at a time)

At St. John Health, we care about the people and places we serve. But we recognize that every community – and every person – is different. That’s why we offer a wide variety of programs that meet diverse needs, regardless of location, economic status and physical condition. Our community health programs include:

- **Healthcare for the uninsured**
- **School-based health centers**
- **HIV/AIDS prevention and management**
- **Parish nursing**
- **Grief support**
- **Community outreach and education**
- **Infant Mortality Project**
- **Community Health Centers**
- **Healing Arts Centers**

We’re here for you. Call 888-440-REAL and let us help.

GRIEF SUPPORT FOR KIDS

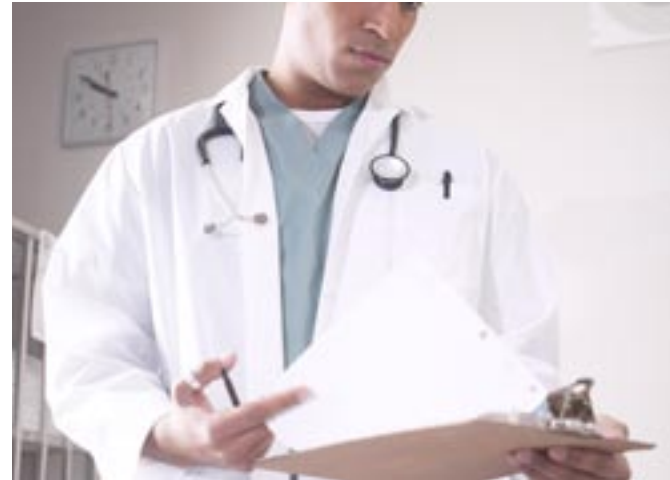
Working through grief is difficult, especially for children. To help kids understand their grief, St. John Health formed Open Arms, a support group and prevention program for kids dealing with the grief associated with the loss of a loved one due to illness, accident or violence. Open Arms teaches children how to cope with their feelings. Through the program, children surviving a loss can turn their grief into something positive.

Need more information? Call Open Arms at 313-921-7983.

PARISH NURSING

St. John Health’s Parish Nursing program partners with a diverse group of faith communities – reaching more than 45,000 people annually. Parish nurses focus on assessing and addressing the spiritual, physical and emotional needs of individuals and families within the context of a faith community. In partnership with the pastoral staff and church members, the parish nurse promotes the faith community as a source of health and healing. Parish nurses regularly engage in activities that teach prevention and encourage healthy lifestyles.

We have faith in the community. Call 586-753-1484 to learn more about parish nursing.



COMMUNITY HEALTH CENTERS

If you’re one of the many people in our community who are uninsured or underinsured, you’ll be happy to know we’re here for you. St. John Health Community Health Centers provide a wide range of primary care services, regardless of your ability to pay. Services provided include: physicals, blood tests, preventive care and health education, management of acute and chronic diseases, pelvic exams and pap tests, enrollment into medical plans, social services and more.

We’re here for you...no matter what. Call 888-440-REAL for a Community Health Center near you.

INFANT MORTALITY PROJECT

St. John Health’s Infant Mortality Project is a collection of five free programs designed to empower families to reverse high infant mortality rates, promote literacy and increase access to health care. As part of the project, volunteers and St. John Health staff members:

- **Serve as mentors to high-risk pregnant women and new moms**
- **Provide one-on-one education counseling to people who want to learn to read**
- **Offer parenting skills and health support groups to mothers and their young children**
- **Assist fathers and other men who want to stay involved with their children and families**
- **Organize informal study groups on topics chosen by the participants**

We’re empowering families to help themselves. For more information, call 313-868-8420.

SCHOOL-BASED CLINICS

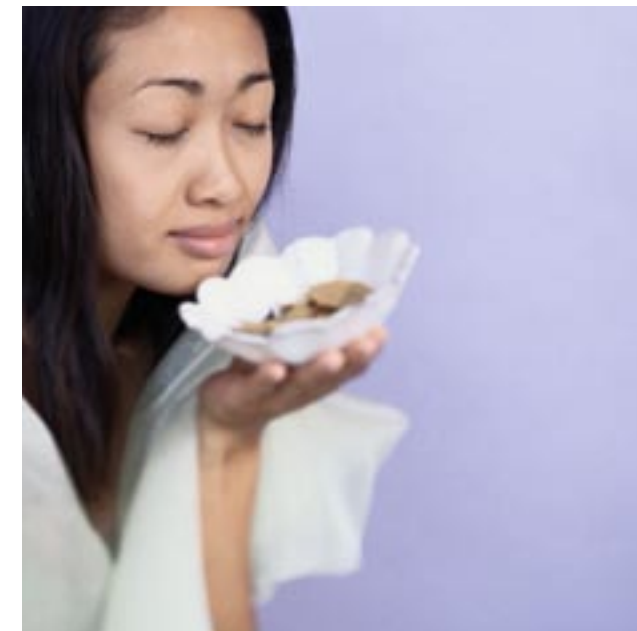
Many children in southeast Michigan don’t have access to health education and medical services. For families on limited incomes, taking time off work for a doctor’s visit can create a financial hardship. Our school-based health centers give children access to health care, counseling and spiritual support in their schools. In addition to immunizations, screenings and routine examinations, we provide continuing care for kids with chronic medical conditions like asthma and diabetes. Plus, our school-based healthcare providers offer health education, career development and counseling services.

For more information on school-based health centers, call 313-343-7734.

HEALING ARTS CENTERS

At the St. John Health Healing Arts Centers, we utilize centuries-old health practices such as massage, reflexology, acupuncture, hypnosis, aromatherapy and yoga to renew your spirit, relax your mind and enhance your health. You’ll find some of the area’s finest complementary medicine practitioners at our four Healing Arts locations – amazing people who specialize in well-being for your body, mind and spirit.

Call 1-888-440-REAL for a Healing Arts Center near you.



CHOOSE HEALTH

When it comes to your health, you’re in control. Here are some choices that will help you stay healthy.

TAKE A REST – Most Americans are sleep-deprived. Try to get eight hours of shut-eye a night.

EAT MORE FRUITS AND VEGETABLES – Try to resist the second and third cups of coffee. Studies show that caffeine can weaken your bones.

DRINK WATER – Drink eight to 10 glasses of water per day

GIVE IT UP – Don’t use tobacco or illicit drugs, and only drink alcohol in moderation if at all.

BUCKLE UP – Wear your seat belt and put children in properly installed car seats when driving in a car.

GET MOVING – Exercise regularly. Try to get 30 minutes of moderate exercise three to five times a week.

GIVE YOURSELF A BREAK – Don’t forget to take a time out, mentally and physically. Clear your thoughts so you can give your body and mind a chance to rest and rejuvenate.

NUTRITION EDUCATION

It's true. An apple a day actually can help keep the doctor away. Good nutrition helps prevent illness – and makes you feel better. At St. John Health, we provide the resources you need to make healthy eating and exercise part of your daily life. Our nutritionists and dietitians can help with all of your fitness and nutrition needs. Look to us for nutrition lectures, cooking classes and online resources that can help you stay healthy.

Call 1-888-440-REAL for more information or to schedule an appointment.

ONLINE HEALTH INFORMATION

Want to learn more about a specific diagnosis or treatment? Visit our online Health Library at www.realmedicine.org. You'll find information about symptoms, medications and treatment options for more than 50 medical and surgical specialties.

And you can create your own personalized web page. Store personalized health information, pre-register for services, pay bills online, take a two-minute heart check, and take online health assessments. Our powerful online health tools are available 24 hours a day.

When you have questions, we have answers.
Visit www.realmedicine.org/communityhealth.

SENIOR CARE RESOURCES

St. John Health's CareLink is a free program for seniors designed to help with their changing health and wellness needs. By becoming a CareLink member, you'll be linked to regularly scheduled events in your area, including lectures and educational programs, senior discounts and health information. Membership also provides:

- **CareLink NewsBriefs** – a bi-monthly newsletter of hospital services
- **St. John SeniorLink** – a toll-free resource number for questions and concerns
- **CareLink \$1 park** – valet and self-park benefits
- **Blood pressure screenings**
- **Medicare insurance counseling** – counselors to assist with insurance questions
- **Discounts** – Save on prescriptions, education and non-medical home services

WHAT IS REAL MEDICINE?

We live in an amazing age of technology and innovation, but medicine is still about people. It should go beyond treating symptoms and aim to treat people with dignity and respect. At St. John Health, we do more than just care for you. We care about you.

**That's what
we call REAL MEDICINE.**



YOU DON'T WANT TO BE IN THE HOSPITAL

(we understand)

At St. John Health, we'd rather prevent an illness or injury than treat it in the hospital. Sure, sometimes hospital stays are unavoidable. When that happens, we'll be here for you. But often, you can keep yourself out of the hospital with preventive medicine and a healthy lifestyle.

We can help. Our Community Education programs include:

- **Screening** – Our specialized screening programs identify health issues that might require treatment.
- **Health Information** – We publish community calendars, health-related newsletters and online health information.
- **Support Groups** – When you need to talk to someone who understands what you're going through, a support group can help.
- **Community Education** – We offer community education classes on topics that range from managing diabetes to learning CPR and massage.

Call 1-888-440-REAL for more information on community outreach and education programs.

CALL SOMEONE WHO CARES

(here's the number)

Whether you need an annual physical or treatment for a life-changing diagnosis, St. John Health can help. We have 20,000 talented and caring professionals – doctors, nurses and staff – all waiting to help you. Call us at 1-888-440-REAL to find a great doctor in your area. We'll even make the first appointment for you!

**Call St. John Health Connect at
1-888-440-REAL from 8 a.m. to 5 p.m.**

FIND A PHYSICIAN

(online...24 hours a day)

It could be the middle of the afternoon or the middle of the night. We're here to help you find a great physician in your area. Just visit www.realmedicine.org and use our online physician directory to find a physician that's right for you. Search by name, by specialty, by hospital affiliation, by gender. We make it easy. Want a doctor who speaks another language as well as English? No problem. You can even search by language.

Once you've found a doctor that's right for you, request an appointment online 24 hours a day.

And while you're visiting us on the web, take a few minutes to build your own Personal Health Page. It lets you store a personalized list of doctors, conditions, bookmarks and other health information. Plus, you can:

- Take a Two-Minute Heart Check
- Take a Cancer Risk Assessment
- Pay health care bills online
- Pre-register for services

www.realmedicine.org

**We make it easy to take care of
your health...that's REAL MEDICINE.**

GET HEALTHY

(we'll show you how)

ST. JOHN HEALTH
COMMUNITY HEALTH &
COMMUNITY EDUCATION



REAL MEDICINE™

