



Stay on Track with Your Heart Health

Doctor visits can feel overwhelming so unfortunately many people put off going to the doctor. However, your health care provider is there to take care of your health and wellness needs.

Establishing a relationship with your doctor can be rewarding for your heart health. It's never too late to find a primary care provider. Even though you might already be taking steps to improve your heart health, like eating a well-balanced diet and engaging in physical activity, it's also important to team up with a health care professional for guidance on how to best manage your chronic condition. They can advise you on:

- Understanding your personal risk for heart attack and stroke.
- Checking your blood pressure, blood sugar, and cholesterol and if needed, prescribe medicine to manage them.

- Keeping a health history and detecting problems early, before they cause a heart attack or stroke.
- Providing referrals to a cardiologist (heart doctor) or another specialist as needed.

Doctors and other medical professionals are here to keep you healthy. You deserve quality care to address your health care needs. Remember, the doctor is on your side. Find a doctor you like and trust and start working together to improve your heart health. Finding the right doctor for you can take time. Now is the perfect time to start. Try these tips to get you started.

- Ask friends and family for recommendations.
- Get a referral from another doctor or ask them to recommend a good primary care doctor near you.
- Contact your insurance company to help you find in-network providers in your area.



- If you don't have health insurance, try a local low-cost clinic or community health center. Community health centers offer care to everyone, regardless of insurance status. Often, the service is at no charge or on a sliding scale-based fee.

To learn more about the Community Health Center located at the Southern Nevada Health District, visit <https://snchc.org>

COMMUNITY RESOURCES

Pop-Up Produce Markets

Bonneville Transit Center, 101 E. Bonneville Ave.
June 1 • 12:30pm (Until Sold Out)

Southern Nevada Health District, 280 S. Decatur Blvd.
June 8 • 9:00am (Until Sold Out)

Safe Summer Nights

Kermit R. Booker Sr. Elementary
2277 N. Martin Luther King Blvd., 89106
May 24 • 3:00pm – 5:00pm



To learn more about the Southern Nevada Health District's **BarberShop Health Outreach Project** and **Beauty Shop Health Outreach Project**, contact Amineh Harvey at harveya@snhd.org.