

Your Health Begins Here

hope-health.org

February 2020

GETTING PROACTIVE ABOUT YOUR HEALTH

Do you need help managing your weight or preventing the onset of diabetes? If so, talk to your provider about the HopeHealth WellPower Weight Management Program or Diabetes Prevention Program.

These programs are open to eligible patients who want to proactively address potential health problems. Both programs will begin new sessions at the Medical Plaza this month.

The WellPower Weight Management Program criteria include a BMI of 30 or greater and an interest in losing weight. The eight-week group program is led by our registered dietitian nutritionists and includes information on eating right, exercise, managing stress, emotional eating, and more. Monday morning and Tuesday evening schedules are available.

For more information on the WellPower Weight Management Program, contact Kami Burkemper at 843-656-0364.

The Diabetes Prevention Program criteria include a prediabetes diagnosis (A1C between 5.7 and 6.4) and a BMI of 25 or greater. The year-long program is led by a HopeHealth lifestyle coach and includes group education sessions that meet weekly for the first 10 weeks, every other week for months three through six, and every third week for months seven through 12.

For more information on DPP, contact Sonda Jett-Clair at 843-432-3717.

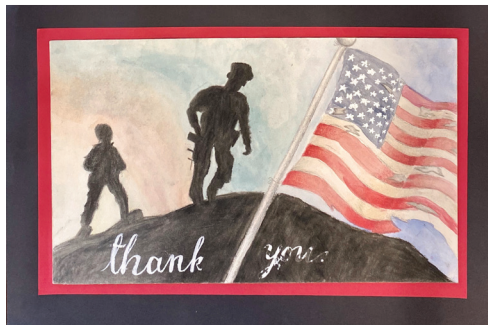
ADVOCACY IN ACTION

On Jan. 14, HopeHealth was given the 2020 Advocacy Award at the South Carolina Primary Health Care Association's State Policy and Issues Forum in Columbia. This award went to the South Carolina health center that signed up the largest number of advocates during the second half of 2019. In addition to the Advocacy Award, HopeHealth was recognized as one of eight centers to reach the goal that was set earlier in the year.

HopeHealth recently wrapped up a campaign that encouraged patients and community members to register as health center advocates, which resulted in 1,300 new advocates!

"The process of signing up as a health center advocate is so simple, but the impact it makes with our legislators is tremendous," shared Kimberly O. Johnson, director of legislative affairs. Johnson also wants to thank everyone who has taken the time to register.

To show your support for HopeHealth and register as a health center advocate, visit hcadvocacy.org. Questions about HopeHealth's advocacy work? Contact Kimberly O. Johnson at kjohnson@hope-health.org or call 803-433-4321.



Thank A Vet Winners

Congratulations to the winners of the first HopeHealth Thank a Vet art competition:

6-12 year olds	13-18 year olds
1st place	1st place
Amanda Paciotti	Jefferson Bennett
2nd place	2nd place
Ariana Celaya	Hailey Stewart

The contest helps share appreciation for our veterans while also sparking conversations with our young people. More than 50 entries were received from K-12 students. First place winners were awarded \$100; second place earned \$50.

Select artworks will be framed and hung in HopeHealth facilities later this year.

COMING UP Seniors *with* Hope

Thursday, Feb. 6, 2020, 2-3:30 pm
Bethea Retirement Community Chapel
157 Home Ave., Darlington

Thursday, Feb. 13, 2020, 2-3:30 pm
HopeHealth Medical Plaza
Magnolia Room

Thursday, Feb. 20, 2020, 2-3:30 pm
HopeHealth in Kingstree
Conference Room

For details, visit hope-health.org/events.

Veterans with Hope

Tuesday, Feb. 18, 5-6 pm
HopeHealth Medical Plaza
Magnolia Room



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