



## Civilian Health Promotion Services (CHPS)

### Programs and Services

CHPS can pinpoint your own personal health risks and find customized strategies for improvements.

**Blood Pressure Screenings** – High blood pressure affects one in four Americans and is a key risk factor for heart disease and stroke. CHPS staff will check your blood pressure and provide guidelines for reducing or managing elevated blood pressure.

**Annual Cardiac Risk Profile** – Coronary heart disease (CHD) is a leading cause of premature, permanent disability among adults. Unfortunately, many people are unaware that they may be at risk. The cardiac risk profile is a simple blood test that measures cholesterol, triglycerides, and glucose—three key factors that help identify risks for CHD as well as diabetes.

**Wellness Classes** – We offer educational wellness classes available to your group. We can bring this service to your building for your monthly staff meeting, commander’s calls, lunch and learns, wingman activities, etc. We have several topics available to fit the needs of your group. Contact us today to schedule a wellness class near you!

### *Wellness Class Topics-*

- ✓ Aging and Exercise
- ✓ Back Care
- ✓ Cholesterol Education
- ✓ Diabetes Education
- ✓ Exercise Basics
- ✓ Healthy Lifestyle Choices
- ✓ Hypertension Education
- ✓ Lighten Up (Weight Management)
- ✓ Men’s Health
- ✓ Women’s Health
- ✓ Stress Management
- ✓ Nutrition 101
- ✓ Healthy Eating

### Enroll with CHPS Today!

[www.AFMCwellness.com](http://www.AFMCwellness.com)

Check us out on FACEBOOK: Hill CHPS

Quick Reference Guide  
Building 533  
(801)586-9586  
DSN: 586-9586

### RESOURCE WEBSITES

- **American Cancer Society**  
[www.cancer.com](http://www.cancer.com)
- **American Lung Association**  
[www.lungusa.org](http://www.lungusa.org)
- **Employee Assistance Program (EAP)**  
[www.foh.dhhs.gov](http://www.foh.dhhs.gov)
- **U Can Quit Tobacco**  
[www.ucanquit2.org](http://www.ucanquit2.org)
- **Utah Tobacco Quit Line**  
[www.utah.quitnet.com](http://www.utah.quitnet.com)

## Hill Air Force Base Health & Wellness Center (HAWC)



The HAWC website can be viewed at:

[www.hill.af.mil](http://www.hill.af.mil)

(Click on Health and Wellness Center)

Check us out on FACEBOOK: Hill HAWC

### **Quick Reference Guide**

**Building 533**  
**(801) 777-1215**  
**DSN: 777-1215**  
**FAX: (801) 777-5762**

### HAWC Programs and Services

Revised June 2012

## TOBACCO CESSATION

### Program

**Tobacco Cessation Class:** Quitting tobacco is the best gift you can give to yourself and to those who love you. The tobacco cessation class uses the American Cancer Society's "Freshstart" program. This is a 4 part series meeting one hour weekly for 1 month. All active duty, dependents, retirees, DOD civilians, and contractors are eligible to attend. Free medications available for DOD federal employees at Hill AFB for up to 12 weeks and up to 6 months free tobacco medication is available to active duty military, dependents, and retirees. Call 777-1215 for further information.

**Tobacco Cessation On-Line Course** is available if the classroom setting does not fit your schedule. Please come to the HAWC to register.

**Tobacco Cessation Quit Lines & Web based support:** Several quit lines and on line support services are available for your support during your journey in quitting. Come to the HAWC to obtain a complete list of services available.

**Tobacco Cessation Support Group:** For anyone who needs that extra help in staying free from falling into the tobacco trap again! Call the HAWC at 777-1215.



## PHYSICAL FITNESS

**FUN RUNS/WALKS:** Join us for some fun and fresh air in Run/Walk/Trot events. These fun events are held throughout the year, so watch the advertisements for dates and times. Use your wellness hours, lunch hour and come join in.

**Fitness Improvement Program:** This class is offered to Active Duty wanting to prepare for their PT test and also to civilian personnel who want help getting in shape. The class includes circuit training, running programs, and outdoor calisthenics. We meet in the Bubble Mondays and Wednesdays at 1500.

**PT Prep:** This class is to help with the PT test. We meet Mondays, Wednesdays, and Fridays from 0630-0730, at the blue track. On Mondays we run long distance between 2-3 miles. Wednesdays we do sprint drills. Fridays are for mock testing. Anyone can attend this class.

**BOD POD:** A tool to obtain an accurate body composition assessment that provides the most valuable feedback necessary to help achieve and maintain appropriate fitness levels, prevent injuries, manage disease risk factors and monitor shifts in body composition over time. This service is available to all Team Hill members by appointment only. Call 777-1215.

## HEALTHY WEIGHT AND NUTRITION

**Cooking Demonstrations** – Watch and then taste test healthy recipes. Held quarterly.

**Individual Nutrition Consultations** – for military beneficiaries only (Active Duty, dependents, retirees, reserves). Meet with the dietitian one on one to discuss your nutrition/dietary goals.

**Weight Loss Class/Support Group** – held every Thursday from 3-4 pm. Learn tools to reach your weight loss goals. Includes an exercise portion.

**Nutrition Basics** – Basic nutrition class with question and answer period with the dietitian for your specific nutrition concerns. Held the first Wednesday of every month from 1300-1400.

**Diabetes Prevention** – Dietary and lifestyle principles to help avoid/delay diabetes. Held the second Wednesday of every month from 1300-1400.

**Hypertension 101** – Dietary and lifestyle changes to help you manage your high blood pressure. Held the third Wednesday of every month from 0900-1000.

**Heart Healthy Eating** – Nutrition and lifestyle changes to help prevent or manage high cholesterol and keep your heart healthy. Held the fourth Wednesday of every month from 1300-1400.