

# Diabetes and other screenings available in November

The Bloomfield Public Health Nursing Office will conduct several free or nominally priced health screenings in the month of November. Unless otherwise indicated, screenings are held in the Public Health Nursing Office, at One Municipal Plaza, lower level. Details at (973) 680-4058.

## **FREE Blood Pressure Checks**

- Thursdays, Nov. 3 and 17, 9:30 -10:30 a.m., Nursing Office.
- Thursday, Nov. 18, 10 a.m. - noon, Brookdale ShopRite.
- Friday, Nov. 18, 11:30 a.m.-12:30 p.m., Civic Center.

**Wave Screening** - Thursday, Nov. 3; 10 a.m. to 1 p.m. Free with Medicare. Call (973) 680-4058 for details and an appointment.

**Diabetes Screening** - Tues, Nov. 15, 10 to 11 a.m. Fasting not required. Cost: \$10.

**Tuberculin Skin Test** (PPD, Mantoux, TST) - \$20. Call for information.

**Adult Vaccine Program** – Protect against vaccine-preventable diseases. Monday through Friday, 8:30 a.m. to 4 p.m., for ages 19 and older. Call for information and eligibility requirements.

**Well Child Program** (2 months to 18 years) – Offered most Wednesdays at 9 a.m. Includes vaccines, lead screening, autism screening, growth and development assessment, post-partum depression screening. Call for details, eligibility requirements and an appointment.

**File of Life Program** – Do you carry around a list of your medications on a piece of paper that has seen better days? Come to the Nursing Office and pick up a File of Life. It fits in a wallet, is protected with a plastic cover, and comes with a related magnet for your refrigerator door. All information is personalized for your needs: emergency contacts, health care provider names/numbers, medications, allergies, insurance, medical conditions, health proxy, advance directives, and blood type. The File of Life is a free program sponsored by the Bloomfield Emergency Squad and the Bloomfield Office of Emergency Management.