Vision: The Prince William Health District, a community of healthy people and a healthy environment.

Mission: The Prince William Health District is dedicated to promoting optimum wellness, preventing illness, responding to emergencies and protecting the environment and health of our residents.
The Prince William Health District Community Resource guide is intended for use by the residents of Manassas Park, Manassas City, and Prince William County to gain access to healthcare resources, and increase health knowledge and self-sufficiency.

This guide includes resources for:

- Healthcare services including dental services
- Lifestyle change programs
- Health insurance
- Food pantries/banks and state resources

This guide will be maintained by the Chronic Disease Prevention Team staff and is updated every 6 months. To report any changes, please contact Valda Wisdom Brown or Lesha Spencer-Brown.

Valda Wisdom Brown, MSA | Health Educator Senior & Supervisor
Prince William Health District
Valda.WisdomBrown@vdh.virginia.gov
703-792-6755 Office

Lesha Spencer-Brown, MPH, CPH | Volunteer Services Supervisor
Prince William Health District
Lesha.spencer-brown@vdh.virginia.gov
571-316-5845 office
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HEALTHCARE
# Mason And Partners (MAP) Clinics
## George Mason University

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Address</th>
<th>Telephone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays</td>
<td>8:00 a.m. – 12:00 p.m.</td>
<td>99 Adams Street Manassas Park, Virginia 20111</td>
<td>703-239-3493</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>9:00 a.m. – 1:00 p.m.</td>
<td>7224 Commerce Street, T-2 Springfield, VA 22150</td>
<td>703-239-3493</td>
</tr>
<tr>
<td>Thursdays</td>
<td>9:00 a.m. – 1:00 p.m.</td>
<td>3304-B Culmore Court Falls Church, VA 22041 (Fairfax residents only)</td>
<td>703-239-3493</td>
</tr>
</tbody>
</table>

## Services Offered:
- School entry and youth athletic physicals
- General health physicals
- Screenings: Hypertension, Diabetes, Asthma, Hearing, Vision, etc.,
- Urine Pregnancy testing
- Acute primary care visits (sore throat, congestion, etc.)
- Referrals for chronic medical conditions, sexually transmitted infection screening and referral for free testing to the Fairfax County Health District clinics
- Depression screening and referral for services
- Counseling on obesity
- Referral services for continued care and medical home

*ALL PATIENTS ARE SEEN ON A FIRST COME, FIRST SERVE BASIS*
Prince William Free Clinic/St. Margaret’s

13900 Church Hill Drive
Woodbridge, VA 22191
703-499-9034

Services provided:
- Primary care
- Specialty medical care as needed
- Women’s health including annual screening for cervical cancer and access to free mammography for women aged 40 and above
- Mental health
- Access to medication
- Diagnostic testing
- Diabetic Education Classes
- **Dental Services** (simple extractions and fillings)

Woodbridge residents: call 703-496-9405 for appointment
Manassas residents: call 703-496-9815 for appointment
Spanish line: 703-499-9191

**Clinic Hours:**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>7:30 a.m. to 5:30 p.m.</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>2:00 p.m. to 5:30 p.m. - Woodbridge residents walk in clinic</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>7:30 a.m. to 5:30 p.m.</td>
</tr>
</tbody>
</table>
| Thursdays    | 9:00 a.m. to 6:30 p.m. for Manassas residents  1:00 p.m. to 2:00 p.m. Only - Manassas resident walk-ins available  
Patients should arrive no later than 2:00 p.m. |

**Dental Services:**
To receive a dental appointment, you must call **703-496-9818** on the first Monday of the month at 10:00 a.m.

**Calls for Dental Services will only be accepted at 10:00 a.m.**

**Homeless Clinic:**
Second Tuesdays of each Month
10:00 a.m. – 12:00 p.m.
Greater Prince William Community Health Center
www.gpwhealthcenter.org

Woodbridge
4379 Ridgewood Center Dr., suite 102
Woodbridge, VA 22191
703- 680-7950

Manassas
9705 Liberia Ave., suite 201
Manassas, VA 20110
703- 680-7950

Dumfries- OB/Gyn only
17739 Main St., suite 130
Dumfries, VA 22026
703- 680-7950

Services provided:

- Comprehensive well child care
- School, employment and sports physicals
- Chronic Disease Management and Education
- Family and adult medicine
- Women’s Health
- Sick Visits for adults and children
- Disease screening
- Pharmacy assistance
- Referrals

Hours:
Mondays and Wednesdays: 8 a.m. - 7 p.m.
Tuesdays, Thursdays and Fridays: 8 a.m. – 4:30 p.m.
**Prince William Health Department/Woodbridge Clinic**

4001 Prince William Parkway  
Woodbridge, VA 22193  
703-792-7300

**Clinic Services:**
- **Immunizations**  
  Mondays and Wednesdays **by appointment only:** 8:15 a.m. – 10:00 a.m.  
  *Bring current immunization record, current insurance information and ID*

- **TB Screening**  
  Tuesdays: 8:15 a.m. – 9:30 a.m.  
  Walk-in. *There is a fee*

- **Pregnancy Testing**  
  2\(^{nd}\) and 4\(^{th}\) Mondays of the month  
  1:30 p.m. – 2:30 p.m.  
  Walk-in. *There is a fee*

- **Maternity Clinic**  
  Thursdays by appointment after eligibility is approved

- **Family Planning**  
  Thursdays by appointment  
  *There is a fee*

- **Teen Clinic**  
  Tuesdays: 2:00 p.m. – 3:00 p.m.  
  Walk-in

- **STD/HIV Testing**  
  Fridays: 8:30 a.m. – 9:30 a.m.  
  Walk-in. Anonymous testing done on request  
  Results: Fridays 8:00 a.m. - 8:30 a.m.

**CALL 703-792-7301 FOR APPOINTMENTS**
Prince William Health Department/Manassas Clinic

9301 Lee Ave
Manassas, VA 20110
703-792-6300

Clinic Services:

- **Immunizations**
  Mondays and Fridays by **appointment only**: 8:15 a.m. – 10:00 a.m.
  Tuesdays by **appointment only**: 1:00 p.m. -2:00 p.m.
  *Bring current immunization record, current insurance information and ID

- **TB Screening**
  Mondays: 8:00 a.m. – 10:30 a.m.   Walk-in. *There is a fee*

- **Pregnancy Testing**
  1st and 3rd Tuesdays of the month
  8:00 a.m. – 9:00 a.m.
  Walk-in. *There is a fee*

- **Maternity Clinic**
  Thursdays by appointment after eligibility is approved

- **Post-Partum Wellness Checks**
  Mondays by appointment: 1:00 p.m. - 2:00 p.m.

- **Teen Clinic**
  Mondays: 2:00 p.m. – 3:00 p.m.   Walk-in

- **STD/HIV Testing**
  Wednesdays: 8:00 a.m. – 9:00 a.m.   Walk-in. Anonymous testing done on request
  Results: Fridays 8:00 a.m. - 8:30 a.m.

CALL 703-792-6301 FOR APPOINTMENTS
Sentara Northern Virginia Medical Center’s Family Health Connection Mobile Van
• Dumfries/Quantico and Stafford area: 703-338-6676
• Woodbridge and Dale City area: 703-338-6678

Location and times vary
MUST CALL FOR AN APPOINTMENT
Women, Infant & Children (WIC)
PWHDWIC@vdh.virginia.gov

For pregnant women, post-partum mothers, breastfeeding mothers, infants (newborn-11 months), and young children (less than 5 years).

Services:
- Personalized nutrition assessments and education
- Referrals to medical and social service agencies
- Breastfeeding support
- Supplemental nutritious foods

**Manassas Office**
7757 Ashton Avenue, Manassas, VA 20109
703-792-7319

**Hours:**
Mondays, Wednesdays, Thursdays, & Fridays: 8 a.m. - 4:30 p.m.
Tuesdays: 9:30 a.m. - 6:00 p.m.

**Georgetown South Office**
9444 Taney Road, Manassas, VA 20110
703-792-7319

**Hours:**
Tuesdays and Thursdays: 8 a.m. – 12:30 p.m. and 1:30 p.m. - 4:30 p.m.

**Woodbridge Office**
4001 Prince William Parkway, Suite 204, Woodbridge, VA 22192
703-792-7319

**Hours:**
Monday, Tuesdays, Wednesdays, & Fridays: 8 a.m. - 4:30 p.m.
Thursdays: 9:30 a.m. – 6:00 p.m.
LIFESTYLE CHANGE PROGRAMS
According to the Centers for Disease Control and Prevention (CDC), chronic
diseases such as diabetes, heart disease and stroke are the leading causes
of death in the United States. This may be due to lack of physical activity,
tobacco use, and poor nutrition.

However, if you are living with a chronic disease, you may benefit from a
**lifestyle change program**. Lifestyle change programs are *action oriented*
programs designed to facilitate the *prevention* and *management* of
chronic diseases by providing *support* and the *education* necessary to
make *long-term* *healthy behavior choices*.

Behavior change may be in the form of weight management, stress
management, smoking cessation, healthy eating and blood pressure
management. Programs may be in-person or online.

* A lifestyle change program is not a “quick fix’.
  Healthy behaviors must be maintained for continued
  prevention and management of chronic diseases.
National Diabetes Prevention Program (DPP)

The National Diabetes Prevention Program (DPP) is an evidence-based lifestyle change program for preventing Type 2 Diabetes. The year-long program helps participants make real lifestyle changes such as eating healthier, including physical activity into their daily lives, and improving goal setting. Participants meet with a trained lifestyle coach and a small group of people who are also making lifestyle changes.

Benefits:

- It can help decrease the risk of developing type 2 diabetes by 50%
- Participants may lose 5% to 7% of their body weight—that is 10 to 14 pounds for a 200-pound person
- Participants work with a lifestyle coach in a group setting to receive a 1-year lifestyle change program that includes weekly meetings

Eligibility:

- Adults 18 and older
- High risk for developing Type 2 diabetes based on fasting glucose or A1C or via a short risk survey (see risk survey in appendix A)

For more information regarding this program, please contact the Prince William Health District Chronic Disease Prevention Team, Valda Wisdom Brown (703-792-6755)
Heart 360: Check.Change.Control

Heart 360: Check.Change.Control is an American Heart Association/American Stroke Association program that empowers people to manage and control their high blood pressure. This is an on-line tool, and participants are partnered with a health mentor who encourages consistent monitoring.

Benefits:

- Decrease in blood pressure
- Decrease risk of heart disease and stroke
- Also helps to understand and track physical activity, cholesterol, glucose, weight and medications

Eligibility:

- Pre-hypertensive (systolic 120-139; diastolic 80-89) and hypertensive (systolic 140 or greater; diastolic 90 or greater) adults at risk for heart disease, stroke and other chronic illnesses

For more information regarding this program, please contact the Prince William Health District Chronic Disease Prevention Team, Valda Wisdom Brown (703-792-6755)
Road to Health Toolkit

Road to Health Toolkit is a community outreach interactive tool that is designed to delay and prevent type 2 diabetes by motivating and counseling individuals at high risk for type 2 diabetes. Participants are encouraged to eat healthy, increase their physical activity and lose weight.

Benefits:

- Delay and prevent onset of type 2 diabetes
- Healthier grocery shopping experience by learning how to read food labels
- A better understanding of food portion sizes
- Participants may lose 5% to 7% of their body weight

Eligibility:

- Adults 18 years and older who are at risk for developing type 2 diabetes

For more information regarding this program, please contact the Prince William Health District Chronic Disease Prevention Team Valda Wisdom Brown (703-792-6755)
Weight Watchers® Voucher Program

Weight Watchers® is a CDC recommended lifestyle change program that helps individuals suffering from hypertension, type 2 diabetes and obesity support their weight loss goals. Participants who receive the voucher from the Prince William Health District will be able to attend a 10 week Weight Watchers® program that includes weekly meetings and group support. The participant will also be supported by a Community Health Worker (CHW) who will conduct weekly check-ins.

Benefits:

- The diet is nutritionally balanced and does not exclude major food group
- This diet easily fits in with busy lifestyles
- Participants may lose 5% to 7% of their body weight
- Social support from other weight watchers and a Community Health worker

Eligibility:

- High blood pressure (greater than 139/80)
- Fasting blood glucose 100-125 mg/dl
- Body mass index (BMI) greater than 30
- Pre-diabetic
- Has never participated in a nutrition education session
- Reliable transportation
- Family member to support weight loss journey

For more information regarding this program, please contact the Prince William Health District Chronic Disease Prevention Team, **Valda Wisdom Brown** *(703-792-6755)*
Take Off Pounds Sensibly® (TOPS)

Take Off Pounds Sensibly® (TOPS) is a weight-loss support and wellness education program that combines healthy eating and regular exercise. Meetings will be held weekly for a year.

This program is currently available in Spanish

Benefits:

- Participants may lose 5% to 7% of their body weight
- Social support from other TOPS participants and a Community Health worker
- Utilizes ChooseMyPlate for weight loss and weight maintenance

Eligibility:

- Spanish-speaking
- Pre-diabetic or diabetic

For information regarding this program, please contact the Prince William Health District Chronic Disease Prevention Team, Valda Wisdom Brown (703-792-6755)
HEALTH INSURANCE
Anthem HealthKeepers Plus

Call 1-800-901-0020 or visit www.anthem.com/vamedicaid for more information about Anthem HealthKeepers Plus

Cities and counties served:
Alexandria, Arlington, Clarke, Culpeper, Fairfax City, Fairfax County, Falls Church, Fredericksburg, Fauquier, Frederick, King George, Loudoun, Manassas City, Manassas Park, Page, Prince William, Rappahannock, Shenandoah, Spotsylvania, Stafford, Warren, Winchester

Programs and services:
- Outreach specialists who will visit you to provide education and support
- Vision benefits for children and adults
- Free over-the-counter medications (when prescribed by doctors)
- Rides to routine doctor visits
- Translation and interpretation services by phone and on-site for your doctor’s visits
- Disease management program to help manage problems like asthma, diabetes, chronic obstructive pulmonary disease, heart failure or coronary artery disease
- 24-hour NurseLine with toll-free access to registered nurses
- New Baby, New Life SM program to help you have a healthy pregnancy, with services like toll-free access to a care manager to answer your questions and tools to help you and your doctor see possible risks (1-800-828-5891)
- Free cell phone program plus 200 bonus minutes: 250 minutes every month, plus 200 bonus minutes for new program subscribers
- No-cost retail coupons with special discounts to local retailers
- No-cost sports physcials (age 19 and younger)
- Other special offers and discounts
Anthem HealthKeepers Plus members can use these hospitals:

- Children’s Hospital, DC
- Culpeper Memorial Hospital
- Dominion Hospital
- Fauquier Hospital
- HealthSouth Hospitals (Richmond, Fredericksburg, Northern Virginia, UVA Rehab)
- Inova Hospitals (Alexandria, Fairfax including Hospital for Children, Fair Oaks, Loudoun, Mount Vernon)
- Mary Washington Hospital
- Page Memorial Hospital
- Novant Health Haymarket Medical Center
- Novant Health Prince William Medical Center
- Reston Hospital Center
- Sentara Hospitals (Northern Virginia Medical Center)
- Shenandoah Memorial Hospital
- Snowden at Fredericksburg
- Spotsylvania Regional Medical Center
- Stafford Hospital Center
- UVA Health System
- Virginia Hospital Center
- Warren Memorial Hospital
- Winchester Medical Center

This list of hospitals does not represent a complete list of hospitals available to Anthem HealthKeepers Plus members. Call one of our Member Services representatives at 1-800-901-0020 or visit www.anthem.com/vamedicaid if you have any questions.
Call 1-855-323-5588 or visit www.intotalhealth.org for more information about INTotal Health

<table>
<thead>
<tr>
<th>Cities and counties served:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alexandria, Alleghany, Arlington, Clarke, Culpeper, Fauquier, Fairfax City, Fairfax County, Falls Church, Frederick, Loudoun, Madison, Manassas City, Manassas Park, Orange, Page, Prince William County, Rappahannock, Shenandoah, Warren, Winchester</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Programs and services:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 15,000 providers in INTotal Health’s network</td>
</tr>
<tr>
<td>• 24-hour Nurse HelpLine</td>
</tr>
<tr>
<td>• Member newsletters</td>
</tr>
<tr>
<td>• Case management to help you manage your health: Home services available to review benefits and coordinate care</td>
</tr>
<tr>
<td>• Free services: 100 free minutes and free healthy text messaging for qualifying Safe Link subscribers, Boys &amp; Girls Club registration fee, over-the-counter medications (with prescription), prenatal classes, routine annual physicals, sports physicals for ages 10 to 18</td>
</tr>
<tr>
<td>• Healthy Families and Wellness Programs: asthma management, childhood obesity management and prevention program, diabetes management, healthy lifestyle choices, nutrition, quit smoking help, wellness reward program, women’s wellness</td>
</tr>
<tr>
<td>• Member outreach specialists</td>
</tr>
<tr>
<td>• No referrals for required network specialist</td>
</tr>
<tr>
<td>• Online member tools (<a href="http://www.intotalhealth.org">www.intotalhealth.org</a>)</td>
</tr>
<tr>
<td>• Starring: Baby &amp; Me® program for pregnant members</td>
</tr>
<tr>
<td>• Translation and interpretation services</td>
</tr>
<tr>
<td>• Transportation provided by Logisticare</td>
</tr>
<tr>
<td>• Vision benefits for adults</td>
</tr>
</tbody>
</table>
**INTotal Health members can use these hospitals and medical centers:**

- Children’s National Medical Center, DC
- Dominion Hospital
- Fauquier Medical Center
- Inova *(Hospitals: Alexandria, Fairfax, Fairfax Hospital for Children, Fair Oaks, Loudoun, Mount Vernon; Clinics: InovaCares for Children, InovaCares for Women, Inova Medical Group; Centers: Ambulatory Surgery, Emergency Care, Physical Therapy, Urgent Care)*
- Martha Jefferson Hospital
- Page Memorial Hospital
- Prince William Medical Center
- Reston Hospital Center
- Sentara Northern Virginia Medical Center
- Shenandoah Memorial Hospital
- University of Virginia Medical Center
- UVA Culpepper Hospital
- Virginia Hospital Center
- Warren Memorial Hospital
- Winchester Medical Center

For a complete list of facilities available to INTotal Health throughout Virginia, please visit our website at [www.intotalhealth.org](http://www.intotalhealth.org). Or call **1-855-323-5588**
Kaiser Permanente

Call 1-855-249-5025 or visit www.kp.org/medicaid/va for more information about Kaiser Permanente

Cities and counties served:
Alexandria City, Arlington County, Fairfax City, Fairfax County, Falls Church City, Loudoun, Manassas City, Manassas Park, Prince William

Programs and services:
- Medical advice line available 24 hours a day
- Email your Kaiser Permanente doctor, make appointments, refill prescriptions, check lab results – all online or on smart phones (when using Kaiser Permanente physicians)
- Visit your Kaiser Permanent doctor on your smart phone or computer
- Pharmacy, lab, and x-rays/imaging in same Kaiser Permanente medical center as your doctor
- Mail order and retail pharmacy options
- Interpreter services by phone for appointments at Kaiser Permanente (over 180 languages)
- Online tools and calculators for health risks
- Online videos and podcasts on stress management and healthy living
- Online self-management programs with personalized action plans
- Electronic newsletters on health education topics
- Free healthy living classes on topics such as diabetes, blood pressure, nutrition, weight management, smoking cessation, and heart failure at Kaiser Permanente medical centers
- Prenatal care and breastfeeding classes
- Disease management programs: asthma, diabetes, COPD, high blood pressure, heart failure, heart disease
- Member discount programs for fitness club membership, chiropractic care, acupuncture, walking programs, vitamin and herbal supplements
Kaiser Permanente members can use these hospitals and medical centers:

- Ashburn Medical Center
- Burke Medical Center
- Children’s National Medical Center
- Fair Oaks Medical Center
- Falls Church Medical Center
- Haymarket Medical Center
- Kaiser Permanente Fredericksburg Medical Center
- Manassas Medical Center
- Mary Washington Hospital
- MedStar Georgetown Medical Center
- Prince William Medical Center
- Reston Hospital Center
- Reston Medical Center *
- Stafford Hospital
- Sibley Memorial Hospital (labor & delivery services only)
- Springfield Medical Center
- Tysons Corner Medical Center *
- Virginia Hospital Center
- Washington Hospital Center
- Woodbridge Medical Center *

* After hours/weekend urgent care available

The list of hospitals may not represent a complete list of facilities available to Kaiser Permanente members. Call one of our Member Service representatives at 1-855-249-5025 if you have any questions.
Health Insurance for Children

Partnership for Healthier Kids (PHK)

For assessment of Medicaid eligibility & assistance with health insurance application, please contact:

Ada Soria-Moran
Program Coordinator Community Partnership
18003 Fraley Blvd., Dumfries, VA 22026
Phone: (703) 268-1499
Email: Ada.soria-moran@inova.org
www.inova.org/phk

Referral to other services if the child is not eligible for Medicaid
FOOD BANKS
AND PANTRIES
## Prince William County Food Banks and Pantries

<table>
<thead>
<tr>
<th>Name</th>
<th>Location</th>
<th>Phone Number</th>
<th>Services/Time/Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tabernacle Baptist Church</td>
<td>8275 Barnett Drive, Manassas, VA 20109</td>
<td>(703) 368-8610</td>
<td>Food pantry service available on Wednesdays at 7:00 p.m.; Sundays after 10:00 a.m. &amp; 6:00 p.m. church services. Must first attend Church service and speak with a counselor.</td>
</tr>
<tr>
<td>Manassas Baptist Church</td>
<td>8730 Sudley Road, Room 46, Manassas, Virginia 20110</td>
<td>(703) 361-2146</td>
<td>Food Pantry service available Wednesdays 6:00 p.m.-7:00 p.m. September-June of each year.</td>
</tr>
<tr>
<td>First AME Church of Manassas</td>
<td>10313 South Grant Avenue, Manassas, VA 20110</td>
<td>(703) 361-8791</td>
<td>Food pantry service available Saturdays 10:00 a.m.-1:00 p.m.</td>
</tr>
<tr>
<td>Holy Family Catholic Church</td>
<td>14160 Ferndale Road, Dale City, VA 22193</td>
<td>(703) 730-1791</td>
<td>Food pantry service available Monday-Friday 10:15 am-1:30 p.m. Appointment and one form of identification required.</td>
</tr>
</tbody>
</table>
| **Salvation Army - Prince William** | 1483 Old Bridge Road, Suite 102 Woodbridge, VA 22192 | (703) 580-8991 | Food bank service available Monday-Thursday 9:00 a.m. - 12:45 p.m. & 2:00 p.m. - 3:45 p.m. Fridays 9:00 a.m. - 1:30 p.m. 
**Must be a resident of Prince William County. Photo ID required** |
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td><strong>Cokesbury United Methodist Church</strong></td>
<td>14806 Blackburn Rd, Woodbridge, VA 22191</td>
<td>(703) 494-5400</td>
<td>Free Produce on the 4th Thursday of every month at 11:30 a.m.</td>
</tr>
</tbody>
</table>
## Virginia State Resources

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Virginia Department of Health</td>
<td>703-792-6300</td>
<td><a href="http://www.vdh.virginia.gov/LHD/PrinceWilliam/">www.vdh.virginia.gov/LHD/PrinceWilliam/</a></td>
</tr>
<tr>
<td>Prince William Health District</td>
<td>703-792-7300</td>
<td></td>
</tr>
<tr>
<td><strong>The Virginia Department of Medical Assistance Services Managed Care Help Line</strong></td>
<td>1-800-643-2273</td>
<td><a href="http://www.virginiamanagedcare.com">www.virginiamanagedcare.com</a></td>
</tr>
<tr>
<td>Department of Social Services</td>
<td>1-800-552-3431</td>
<td><a href="http://www.dss.virginia.gov">www.dss.virginia.gov</a></td>
</tr>
<tr>
<td>Transportation Services (Medicaid only)</td>
<td>1-877-892-3988</td>
<td></td>
</tr>
<tr>
<td>Mental Health Services</td>
<td>1-800-991-6045</td>
<td></td>
</tr>
<tr>
<td>Virginia Poison Center</td>
<td>1-800-222-1222</td>
<td><a href="http://www.virginiapoison.org">www.virginiapoison.org</a></td>
</tr>
<tr>
<td><strong>Cover Virginia (Affordable health insurance marketplace)</strong></td>
<td>1-855-242-8282</td>
<td><a href="http://www.coverva.org">www.coverva.org</a></td>
</tr>
<tr>
<td><strong>2-1-1 Virginia</strong></td>
<td>2-1-1</td>
<td></td>
</tr>
<tr>
<td>Family Violence and Sexual Assault Hotline</td>
<td>1-800-838-8238</td>
<td></td>
</tr>
<tr>
<td>Quit Now Virginia- Tobacco Cessation</td>
<td>1-800-QUIT-NOW</td>
<td>1-800-784-8669</td>
</tr>
<tr>
<td>American Cancer Society</td>
<td>1-800-227-2345</td>
<td><a href="http://www.cancer.org">www.cancer.org</a></td>
</tr>
<tr>
<td>Office of Housing and Community Development</td>
<td>703-792-7530</td>
<td></td>
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<tr>
<td>--------------------------------------------</td>
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<td></td>
</tr>
<tr>
<td>Financial Education and Housing Counseling Program (Virginia Cooperative Extension- Prince William)</td>
<td>703- 792-6287 <a href="http://www.pwcgov.org/money">www.pwcgov.org/money</a></td>
<td></td>
</tr>
<tr>
<td>Care Net Pregnancy Resource Centers</td>
<td>703-330-1300</td>
<td></td>
</tr>
</tbody>
</table>
APPENDIX
# Blood Pressure Categorization

<table>
<thead>
<tr>
<th>Blood Pressure Category</th>
<th>Systolic Mm Hg (upper #)</th>
<th>AND</th>
<th>Diastolic Mm Hg (lower #)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>Less than 120</td>
<td>AND</td>
<td>Less than 80</td>
</tr>
<tr>
<td>Prehypertension</td>
<td>120-139</td>
<td>OR</td>
<td>80-89</td>
</tr>
<tr>
<td>High blood pressure (Hypertension) Stage 1</td>
<td>140-159</td>
<td>OR</td>
<td>90-99</td>
</tr>
<tr>
<td>High blood pressure (Hypertension) Stage 2</td>
<td>160 or higher</td>
<td>OR</td>
<td>100 or higher</td>
</tr>
<tr>
<td>Hypertensive Crisis (Emergency care needed)</td>
<td>Higher than 180</td>
<td>OR</td>
<td>Higher than 110</td>
</tr>
</tbody>
</table>

*Obtained from the American Heart Association*
# Diabetes Categorization

## 1. AIC Test Results

<table>
<thead>
<tr>
<th>Diabetic Category</th>
<th>AIC Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>Less than 5.7%</td>
</tr>
<tr>
<td>Prediabetes</td>
<td>5.7% - 6.4 %</td>
</tr>
<tr>
<td>Diabetes</td>
<td>6.5 % or higher</td>
</tr>
</tbody>
</table>

*Obtained from the American Diabetes Association

## 2. Fasting Plasma Glucose Test Results

<table>
<thead>
<tr>
<th>Diabetic Category</th>
<th>Fasting Plasma Glucose (FPG)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>Less than 100 mg/dl</td>
</tr>
<tr>
<td>Prediabetes</td>
<td>100 mg/dl to 125 mg/dl</td>
</tr>
<tr>
<td>Diabetes</td>
<td>126 mg/dl or higher</td>
</tr>
</tbody>
</table>

*Obtained from the American Diabetes Association
3. Oral Glucose Tolerance Test Results

<table>
<thead>
<tr>
<th>Diabetic Category</th>
<th>Oral Glucose Tolerance Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>Less than 140 mg/dl</td>
</tr>
<tr>
<td>Prediabetes</td>
<td>140 mg/dl to 199 mg/dl</td>
</tr>
<tr>
<td>Diabetes</td>
<td>200 mg/dl or higher</td>
</tr>
</tbody>
</table>

*Obtained from the American Diabetes Association*
Body Mass Index (BMI) Chart for Adults

- **Obese**: BMI 30 & Above
- **Overweight**: BMI 25-30
- **Normal**: BMI 18.5-25
- **Underweight**: BMI < 18.5

Weight (lbs) vs. Height (inches) vs. Weight (kg)

[Graph showing BMI categories based on weight and height]
Recognizing A Stroke

IF YOU THINK YOU ARE HAVING A STROKE CALL 9-1-1 IMMEDIATELY

F  Face Drooping – Does one side of the face droop or is it numb? Ask the person to smile. Is the person’s smile uneven?

A  Arm Weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S  Speech Difficulty – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like “The sky is blue.” Is the sentence repeated correctly?

T  Time to call 9-1-1 – If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.