

Health Literacy

Health and wellness information and terms can be confusing. Here are definitions of some commonly misunderstood terms:

Annual – yearly

Behavioral Health – the way a person responds to his environment

Community Resources – Information and services in your community

Diabetes – A medical disorder that causes the body to produce too little insulin

Diet – the foods a person eats

Eligible – to qualify to get something

Glucose – Sugar in the blood

Health - the absence of disease

Hydration - the need for fluids. Water is critical

Hygiene – the practice of cleanliness

Hypertension – High blood pressure

Immunization – A vaccine to provide resistance to a disease

Mental Health – What occurs in the mind

Monitor – to check on or follow up

Nutrition – How what we eat affects the way our body uses nutrients

Oral – by mouth

Physical fitness - The ability to perform activity without undue fatigue. Regular physical activity decreases heart disease, cancer, diabetes, anxiety, depression and insomnia. Examples of moderate physical activity include brisk walking, climbing stairs, bicycling, hiking, dancing, swimming and moderate yard work.

Prevention – to stop something from happening

Primary – first or basic

Screening – A quick visual check for problems or concerns

Sedentary - physically inactive, exerting physical effort only for required daily tasks. A sedentary lifestyle can trigger or worsen obesity, back pain and high blood pressure

Social – how a society is organized

Wellness - The highest level of health possible in physical, social, emotional, intellectual, environmental and spiritual dimensions; a vibrant state in which a person enjoys life to the fullest.

For more information on physical health, wellness, nutrition and exercise, talk to your Valley View Health Care provider.



Happy New Year!

Valley View Health Center Locations:

2690 NE Kresky, Chehalis
(360) 330-9595

Medical, Dental and Behavioral Health

Medical Walk-in Clinic Open at
1800 Cooks Hill Road, Suite F
736-3042

Hours: Noon - 10:00 p.m.
7 days a week - closed holidays

Morton Dental
(360) 496-5101

Onalaska (360) 978-6600
Medical

Raymond (Pacific County)
(360) 942-3040
Medical and Dental

Toledo (360) 864-4400
Medical

Winlock (360) 785-9400
Medical

www.vvhc.org



Our Literacy Corner in our Chehalis clinic provides free books to an average of **400 children every month**. We always accept donations of new and gently used books for all ages.

We are Expanding! We will soon have another Literacy Corner at White Pass Coalition in Morton!

Our Services Include:

Primary and preventative Medical and Dental care

Well-child exams

Well-woman exams

HIV testing

TB testing

Diabetes management

Emergency Room and hospital follow-up care

DOT and Sports physicals, DSHS evaluations

Behavioral Health care

On-Call Provider

Medication assistance program

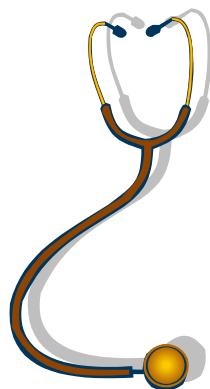
Emergency Dental care services

Sliding fee scale based on family size and income

DSHS case worker on-site at our Chehalis center

Bilingual staff at all clinics

Rotary Literacy Corner for children and adults. All Valley View patients can take home a free book!



Mark Your Calendars for these Community Events!

- **March 10 - Valley View Health Center Sip and Savor Fundraiser**
219 S. Tower at the Aerie Ballroom, downtown Centralia, 6:00 p.m.
- **May 13 - 19 National Women's Health Week**
- **June 2 - Valley View Health Center Children's Health Fair at Chehalis Recreation Park**
- **August 5 - 11 - National Community Health Center Week**
- **August 10 - Valley View Health Center 7th Annual Golf Tournament Fundraiser**
- **December (dates tba) Holiday story time events at Chehalis, Morton and Raymond clinics**

VVHC welcomes Medicare, Medicaid, the uninsured, underinsured and low-income individuals and families.

Most insurances are accepted. A sliding fee scale program also available.

See reverse side for a complete list of all Valley View Center locations
Or visit www.vvhc.org

Bilingual Services available at all clinics