

Native American Rehabilitation Association  
of the Northwest, Inc.



*Wellness Now...  
Wellness for Future Generations*

**NARA Indian Health Clinic**  
703 NE Hancock  
Portland, OR 97212  
(503) 230-9875

**NARA Wellness Center**  
12360 E Burnside  
Portland, OR 97233  
(971) 279-4800



**NARA**  
***Annual Health  
Reminder***



Your health is important.

A free Annual Health Visit is available to everyone.

This Annual Health Visit will only focus on screening and prevention.

*Prevention is the best protection.*

*Choose healthy living.*

*You are a role model for this generation and those to come.*

Dear

The NARA Chronic Disease Program would like to remind you that it is time for your:

### **Annual Health Visit**

Here is a list of preventive services that you may be due for during the Annual Health Visit.

#### **Due**

- Breast health screening
- Cervical health & HPV screening
- Colon health screening
- Diabetes screening
- Heart health screening

You are important to us. Please call us to make an appointment at:

- NARA Wellness 971-279-4800
- NARA Indian Health Clinic 503-230-9875

Sincerely,

#### ***The NARA NW Chronic Disease Program***

- WISEWOMAN Program
- Diabetes Treatment & Prevention Program
- Breast and Cervical Cancer Screening Program
- Colorectal Cancer Screening Program

If you have had an annual health exam outside NARA and do not feel that you are due for another appointment, please let us know so we can update your records.