

Helping You *Live Healthier*



The Sun Health Center for Health & Wellbeing can help keep you healthy with our comprehensive suite of evidence-based health and wellness programs and services.

Diabetes Prevention Program (DPP)

Designed to help those with prediabetes make the necessary lifestyle changes to prevent or delay the onset of diabetes.

Sun Health is proud to be the only in-person Arizona provider of DPP to achieve Full Recognition Status from the CDC.

Diabetes Self-Management Education (DSME)

Provides diabetic patients with the skills and confidence needed to successfully manage their disease. DSME is covered by most insurance providers.

Fall Risk Assessments

This fall prevention screening tool identifies your risk for a fall by using assessments developed by the Centers for Disease Control and Prevention's Stopping Elderly Accidents, Deaths & Injuries (STEADI) initiative. Performed by an exercise physiologist, you'll receive personalized recommendations based on your results.

Some of our programs and services may be covered by insurance. Call us to find out which may be covered and what insurance we accept.

See reverse side for more service offerings.



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Fitness Consultations & Custom Exercise Programs

Personalized health coaching with an exercise physiologist, who will review, screen and create an exercise plan to help you meet your fitness goals. The Senior Fit Test® and available to measure baseline fitness levels in strength, endurance, flexibility and dynamic balance.

Medical Nutrition Therapy

Nutritional counseling provided by a registered dietitian for a variety of conditions including diabetes and kidney disease. Covered by most insurance providers.

Massage & Acupuncture Services

These ancient techniques are known to assist in healing the body of aches and pains along with providing many benefits in the treatment of specific chronic diseases. Packages and à la carte services are available.

**To learn more about these and other service offerings,
call (623) 471-WELL (9355).**

