What's the best way to control my cholesterol?

Just what are healthy foods to eat?

Do you have questions like these? Then the answer is 5.

Score 5.

To schedule your free 30 minute Score 5 appointment call Terri Shaw at 778.7200, or send her an e-mail at tshaw@maine.edu. You can also stop by the Student Health Center in Scott Hall to make a Score 5 appointment.
Score 5 Comes To UMF

Employees Matter at UMF.

At UMF, we want our employees to enjoy good health and happy lives. We all know that eating well, exercising regularly, controlling stress, and not smoking are some of the keys to healthy living. But often they are easier said than done.

The truth is that we all need a little help knowing how to improve our health. News reports can be confusing. One week something is good for us. The next week it isn't. Just what are the best ways to quit smoking? And how do those machines at the Health and Fitness Center work?

How Can Score 5 Help?

Score 5 can help answer those confusing questions, so you can make positive changes in your own life.

Score 5 is a program of Franklin Memorial Hospital. It is nationally recognized for helping people take charge of their own health through diet, exercise, and controlling high blood pressure and cholesterol.

Score 5 has had twenty years of success. Now it comes to UMF free of charge for all UMF employees, retirees, and family members.

What Is Score 5 Like?

During a Score 5 visit you will meet with a trained Score 5 health professional who will ask you questions about your diet, exercise, family history, and tobacco use. Then you will have quick tests done to measure your blood pressure and cholesterol. You will receive a copy of all your results.

During your visit you will learn more about:

- Your cholesterol and blood pressure
- The best foods to eat
- How to exercise
- If you smoke or chew tips for quitting
- Ways to reduce stress
- Referrals to local health care providers

Score 5 Is Private.

We know that health care is a private matter. That's why only you—not your coworkers—will know about your visit with Score 5. And no one else, but you and your doctor, will know about your test results.

Score 5 Is Easy.

Don't have a lot of time? No problem. Score 5 only takes 30 minutes—and you can count those 30 minutes as part of your workday. And you do not need to travel. Score 5 will come to you.

Count to 5 for Better Health.

1. Eat smart
   A diet rich in fruits and vegetables will help you feel great and help prevent heart disease and diabetes.

2. Be active
   30 minutes of physical activity a day will help control weight and give you extra energy.

3. Live tobacco free
   If you smoke, quitting now is the best thing you can do for your health. It's not easy, but it's worth it.

4. Control blood pressure
   Controlling your blood pressure is the best way to prevent strokes.

5. Control cholesterol
   Keeping cholesterol low is key to preventing heart disease and strokes.

The Score 5 nurse was great. She made me feel like I was doing a really good job. She was upbeat and not at all preachy, which was good. I'd definitely do it again.

Now that I am getting a little older I am starting to think more about my health. My dad had a heart attack when he was in his early fifties. I was scared that would happen to me, so I thought I'd do something about it.

I already quit smoking. It was the best thing I ever did. Now I'm feeling like I'm on a roll. I've got so much energy from not smoking, so why not try to eat better or take walks after dinner?