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Free Health Screenings in North Miami to Target Young Adults

North Miami, Fla. – Medically underserved young adults will learn if they have or are at risk for developing heart disease, hypertension and diabetes when they visit a free local health clinic. ALERT Health, Inc. today received a grant from [The Blue Foundation for a Healthy Florida](#), the philanthropic affiliate of Blue Cross and Blue Shield of Florida (BCBSF), to increase the early detection and management of chronic diseases through the Integrated Preventative Screening Project.

“Nearly all chronic disease and health promotion outreach efforts currently target mid-life and older adults,” said Andi Thomas, president, ALERT Health, Inc. “Limited outreach, coupled with the fact that many young adults don’t think they are at risk for hypertension, diabetes and cardiovascular disease, result in health conditions remaining undetected until they spiral out of control.”

According to Thomas, young adults typically come to ALERT Health for sexual health screenings. With The Blue Foundation’s funding, patients can receive testing for other chronic diseases in the same visit, increasing early detection and future management of diseases.

The Blue Foundation’s \$100,000 grant will fund a linkage coordinator, lab counselor, and cholesterol and glucose tests for an estimated 3,000 patients during the next two years.

“ALERT Health’s strategy of providing a wide range of screenings under one roof is an effective way to find health conditions that may have previously gone undetected,” said Susan Towler, executive director, The Blue Foundation for a Healthy Florida. “We’re proud to support ALERT Health’s mission of reducing illness and high medical costs associated with undetected, late diagnosed and untreated chronic disease.”

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The Blue Foundation for a Healthy Florida is dedicated to making a constructive contribution to the health and well-being of all Floridians – especially the uninsured and underserved.

Located at 660 NE 125th Street in downtown North Miami, ALERT Health is a 501(c)(3) nonprofit organization whose mission is to improve the health and quality of life for people at risk of chronic illness, by providing accessible, integrated, preventive health care. The organization currently serves more than 5,000 of North Miami's young adults each year, primarily funded through Community Foundations and Department of Health grants. ALERT Health offers free services Monday through Thursday from 12 p.m. to 8 p.m., Friday from 9 a.m. to 5 p.m. and Saturday 10 a.m. to 4 p.m. Alert Health is staffed with English, Spanish and Creole speaking employees.

The Blue Foundation for a Healthy Florida is a separate, philanthropic affiliate of BCBSF incorporated in the state of Florida. The Blue Foundation for a Healthy Florida, and its parent, BCBSF, are independent licensees of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield companies. For more information on The Blue Foundation for a Healthy Florida, please visit its Web site at www.bluefoundationfl.com.

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