

## LOCATION

The Polk County Health Department is located at 1907 Carpenter Avenue in Des Moines a few blocks east of Drake University and a few blocks north of Interstate 235.

## HOURS

Monday - Friday 8:00am to 5:00pm  
Tuesdays 8:00am to 7:00pm  
Call 515-286-3798 for walk-in hours or to make an appointment.

## COST OF SERVICES

The Polk County Health Department accepts most major types of private insurance, Medicaid and Medicare. Most fees are low and nobody will be turned away because of an inability to pay.

# Polk County Health Department

*Affordable. Convenient. Confidential.  
Nurturing a culture of wellness.*

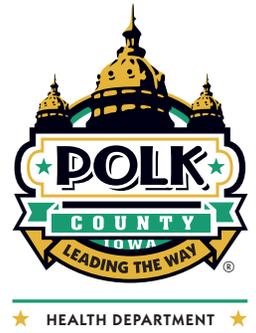


1907 Carpenter Ave  
Des Moines, IA, 50314  
515-286-3798  
[polkcountyiowa.gov/health](http://polkcountyiowa.gov/health)



# Polk County Health Department

*Affordable. Convenient. Confidential.  
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*It will take all of us working together to create a culture of health, where we each take responsibility for improving our own health and building the kind of society that supports and enables all of us to live healthy lives.*



***Know your status...***by getting screened for diseases such as diabetes, heart disease, and breast or colorectal cancer. These screenings can detect life-threatening diseases at an early stage, which increases your chances of treating it successfully. At the Polk County Health Department we can help you know your status with these services:

- Sexually transmitted disease (STD) testing, treatment and counseling
- Lead poisoning tests for children under 6
- Blood pressure, cholesterol and diabetes screening
- Colorectal, breast and cervical cancer screening
- Bone density and body composition screening



***Health is a mix of individual choices and the environment we live in. The Polk County Health Department is working to help make the healthy choice the easy choice.***

***Reduce Your Risks...***by getting routine physicals, updating you and your family's immunizations, and managing symptoms of chronic disease. These simple steps can help you stay healthy and avoid serious health conditions, which will save you a lot of time, pain and money. The Polk County Health Department can help you reduce your risks with these services:

- Childhood, adult and travel immunizations
- Fall prevention classes
- Chronic disease self management
- Diabetes education and management
- Lead hazard repair
- Physicals for children and adults

***An ounce of prevention is worth a pound of cure. At the Polk County Health Department we not only help treat disease but we are committed to teaching our patients how to prevent diseases.***

### ***Educate Yourself...***

...about what health problems you or your family could be at risk for. This means doing things like gathering your family health history, talking with your teen about sex and drugs, and learning about how childhood vaccines can save your baby's life.

We now know that our behaviors contribute to our health and that our surroundings and environment influences our behaviors.

Learn about what your community is doing to help you make the healthy choice the easy choice. Is public transportation easily accessible? Is there affordable healthy food where you buy groceries? Is the home you live in safe and affordable?

*Learn about health initiatives that will help make your community healthy at **[healthypolk.org](http://healthypolk.org)**.*

