

BHS Health & Wellness Resources for Patients

Bringing Health & Wellness to Life 

Heart Health

Cardiac Rehab

For prevention and post-cardiac events.

Physician referral required. For more information call: (413) 447-3093. Fairview Location: (413) 854-9739

Get Cuffed Program

Free blood pressure cuffs and consultations with RN for patients with a diagnosis of high blood pressure. To make an appointment call: (413) 447-3052

Diabetes

Pre-Diabetes and Diabetes Education

Pre-diabetes and diabetes counseling are provided by The Diabetes Program, an American Diabetes Recognized Program. Nutrition counseling, individual counseling and group classes. Call: (413) 447-2451

Diabetes Prevention Program

A year long program that follows the landmark study that found Type 2 Diabetes can be prevented by weight loss and exercise. For more information about this program, call the office: (413) 395-7942. Locations in Pittsfield and Great Barrington

Lifestyle

Nutrition Counseling

Outpatient Nutritional Counseling for:

- Weight Management
- Cholesterol and Hypertension
- Gastrointestinal Disorders
- Food Allergies
- Other Nutritional Issues

To make an appointment with a registered dietitian, call: (413) 447-2671

Tobacco Treatment Services

Group and individual counseling, and treatment classes are available. To make an appointment or register for a class call: (413) 499-2602 Fairview Hospital Location: (413) 528-2663

Operation Better Start

Healthcare needs of families are addressed with an individualized, proactive and supportive approach to nutrition, fitness, esteem building, and health education. Physician referral required. For more information, call: (413) 445-9243

Lifestyle Change Classes

Classes are regularly available on many topics including: blood pressure, cholesterol, stress management, weight loss, back and joint health. For more information visit the BHS website.

Worksite Wellness

Wellness screenings offered through community employers. Visit the website to see if your company offers this service

Community Lectures

Physicians and other health care professionals present on various health topics. For more information visit the BHS website.

Support

Advocacy for Access

Professional assistance with Massachusetts Health Insurance applications. Pittsfield location: 510 North Street, Pittsfield, MA: (413) 445-9427. Fairview Hospital location: 29 Lewis Avenue Great Barrington: (413) 854-9608

BMC Link Line

This free and confidential information and referral line can help guide you to health related resources and services. (413) 447-3092 or Toll Free: (855) 262-5465

Cancer Care Navigation

Coordination of services, support groups, resource alignment specific to cancer patients. For more information, call: (413) 447-3092

More information on all of these services can be found at:

www.berkshirehealthsystems.org

BHS Health & Wellness Resources for Physicians

Bringing Health & Wellness to Life 

Nutrition Counseling

Outpatient Nutritional Counseling for:

- Weight Management
- Cholesterol and Hypertension
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- Other Nutritional Issues

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Get Cuffed Program

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Pulmonary Rehab

For patients with respiratory conditions. For more information, call: (413) 447-3093

Tobacco Treatment Services

Group and individual counseling, and treatment classes are available. To make an appointment or register for a class call: (413) 499-2602 Fairview Hospital Location: (413) 528-2663

Urodynamics

To make an appointment, call The Continence Center, 41 Wahconah Street, Pittsfield at: (413) 447-2865. North Adams Location: 77 Hospital Avenue - Suite 214, North Adams: (413) 662-2486

Cardiac Rehab

For prevention and post-cardiac events. Physician referral required. For more information call: (413) 447-3093. Fairview Location: (413) 854-9739

Sleep Disorders Center

The Sleep Disorders Center focuses on the diagnosis and treatment of sleep disturbances. The Center is located at the Hillcrest Campus. To make a referral please call: (413) 447-2701

Advocacy for Access

Professional assistance with Massachusetts Health Insurance applications. Pittsfield location: 510 North Street, Pittsfield, MA: (413) 445-9427 Great Barrington location: 29 Lewis Avenue, Great Barrington: (413) 854-9608

Cancer Care Navigation

Coordination of services, support groups, resource alignment specific to cancer patients: (855) 262-5465 or (413) 447-3092

Primary Care Outreach Team

The Primary Care Outreach Team provides primary care physicians with rapid access to mental health consultation, assessment, brief intervention, triage and referral. To make a referral call: (413) 447-2167

More information on all of these services can be found at: www.berkshirehealthsystems.org