

Salud para la Vida

Salud para la Vida = Health for Life

Why Health?

Through surveys and interactions with our clients, we know health complications limit their potential, preventing them from building a better future for themselves and their families. Some of the most common health complications are preventable diseases like diabetes, hypertension, and cervical cancer. Misconceptions about healthcare and lack of access to culturally appropriate services result in the high rates of these preventable diseases. The *Salud para la Vida* program is designed to specifically counter the healthcare challenges that rural, indigenous women face in Guatemala.

What does it involve?

Salud para la Vida provides health education and services to Friendship Bridge clients, in partnership with Maya Health Alliance (Wuqu' Kawoq). Culturally sensitive services are provided via mobile clinics that travel to the villages where our clients live. Each clinic is staffed by female medical staff fluent in the indigenous languages our clients speak.

What is offered?

The general health services package includes:

- Hypertension screening
- Breast exam
- Diabetes screening
- Cervical exam
- Papanicolaou exam
- Pregnancy test
- STI screening & treatment for pregnant women
- Family planning consult with choice of methods available:
 - Depo Provera shot (free)
 - Jadelle implant in arm (free)
 - Birth control pills (available for a small fee)

Clients are able to purchase add-on packages as needed, including biopsies and hypertension and diabetes treatments. Friendship Bridge provides a credit product to help clients with the purchase of these packages. If any clients are diagnosed with serious complications, Maya Health Alliance will absorb them into their Complex Care Program and guide them through the treatment process.



Who's Eligible?

Clients receive health education during their monthly Trust Bank meetings, and they earn the benefit of accessing the preventive health services package after two successful loan cycles. *Salud para la Vida* started in our Sololá branch in 2015 and served over 1,100 women with preventive health services. In 2016 the program will expand to our Chimaltenango branch with the goal of serving 1,700 women.

Learn more at
www.friendshipbridge.org.

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