

[Print Page](#) [Close Window](#)**Press Release**<< [Back](#)**CVS/pharmacy Debuts the "To Your Health" Program in Atlanta Bringing 60 Free Health Screening Events to the Community****Dr. Ian Smith's "Makeover Mile" will kick off the CVS/pharmacy "To Your Health" Program in Atlanta on Saturday, April 9**

ATLANTA, April 6, 2011 /PRNewswire via COMTEX/ --

CVS/pharmacy, the nation's leading retail pharmacy, brings its "To Your Health" free health screening program to Atlanta on Saturday, April 9. The program will provide free preventive health screenings for Atlanta area residents at 60 events now through November as a way to help citizens determine their risk for chronic diseases and get them on a path to better health.

The "To Your Health" program will kick off with "The Makeover Mile" - a one mile health walk led by medical and diet expert, Dr. Ian Smith, to fight obesity and encourage Americans to lead healthier lifestyles. The walk will start at 11:30 a.m. at Clark Atlanta University located at 223 James P. Brawley Drive SW in Atlanta. Registration starts at 10:30 a.m. and there is no fee.

(To view a video on the Atlanta "To Your Health" program, [click here](#)).

"Exercise is an important way to combat weight gain and obesity, which can contribute to many chronic diseases," said Smith. "The Makeover Mile walk will encourage people to get out and take active steps toward better health."

The walk will finish at the CVS/pharmacy located at 895 Ralph David Abernathy Boulevard SW, where CVS/pharmacy will provide free adult health screenings for walk participants and the community at large starting at 12:00 p.m., as part of its "To Your Health" program. The event will end at 4 p.m.

This program and each of the additional "To Your Health" events will offer participating adults \$150 worth of free screenings for diabetes, blood pressure, cholesterol, bone density (osteoporosis) and vision. Doctor consultations and medication reviews with a CVS Pharmacist are available. Dental and chiropractic screenings and referrals for mammograms and pap smears are also available in select locations. No appointment is necessary.

"These preventive health screenings will provide members of the community valuable information needed in order to make positive changes, before the onset of serious health issues like diabetes and heart disease," says Andre Mackey, R.Ph., pharmacy supervisor for CVS/pharmacy.

In 2010, the "To Your Health" program detected health concerns in an alarmingly high percentage of participants. Of those screened:

- 34 percent had high cholesterol
- 38 percent had a high to moderate risk of developing osteoporosis
- 37 percent had hypertension
- 29 percent had blood sugar levels that indicated a risk for diabetes

For more information and a full calendar of "To Your Health" events, visit [www.cvs.com/toyourhealth](http://www.cvs.com/toyourhealth) or call 888-604-0333. For more information about The Makeover Mile or to register, please visit <http://www.makeovermile.com/>.

To access an embeddable code for the above video, please contact [sfaith@webershandwick.com](mailto:sfaith@webershandwick.com).

**About CVS/pharmacy**

CVS/pharmacy, the retail division of CVS Caremark Corporation (NYSE: CVS), is America's leading retail pharmacy with more than 7,100 CVS/pharmacy and Longs Drug stores. CVS/pharmacy is committed to improving the lives of those we serve by making innovative and high-quality health and pharmacy services safe, affordable and easy to access, both in its

stores and online at [CVS.com](http://CVS.com). General information about CVS/pharmacy and CVS Caremark is available at [info.cvscaremark.com](http://info.cvscaremark.com).

#### **About Dr. Ian Smith**

Dr. Ian Smith has served as the medical/diet expert for six seasons on VH1's highly-rated "Celebrity Fit Club," is the creator and founder of The 50 Million Pound Challenge and is a medical contributor on the nationally syndicated television show, "Rachael Ray." Dr. Ian was recently appointed by President Obama to the President's Council on Fitness, Sports, and Nutrition. He is also the author of eight books, including the *New York Times* Bestsellers, *The Fat Smash Diet*, *The Extreme Fat Smash Diet* and *The 4 Day Diet*. His eighth book, *EAT*, will be available in April 2011.

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