

# Heart and Vascular shopping list



**Health & Care**  
@ Park Nicollet  
**Store**

## Items available at:

*Health & Care Store locations:* Full list of store hours and locations on back

*Online catalog and ordering:* [parknicollet.com/stores](http://parknicollet.com/stores)

*Telephone orders:* 952-993-2662

*All products on this shopping list have been recommended for you by clinicians at Park Nicollet.*

## Bathroom aids

- Raised toilet seat
- Bathroom chair
- Toilet safety rail
- Toilet tissue aid
- Suction grab bar
- Tub safety rail
- Long handled bath sponge
- Other \_\_\_\_\_

## Recipe and meal planning books

- Betty Crocker Heart Healthy Cookbook
- Guide to Healthy Restaurant Eating
- Low Fat Low Cholesterol
- Calorie Fat & Carb Counter
- Fast Food Facts
- The Complete Book of Food Counts
- Complete Guide to Carb Counting
- Low-Salt Cookbook
- Quick & Easy Low-Carb Cooking
- Betty Crocker's Diabetes Cookbook
- Meals in Minutes Cookbook
- Low Fat & Luscious Desserts
- Low Calorie Cookbook
- One-Dish Meals

## Health and heart books/ DVD's/CD's

- Six Weeks to Get Out The Fat
- Fitting in Fitness
- Stretching
- Kicking Your Stress Habits
- Heart Mates
- Transitions
- Small Steps, Big Rewards
- Chicken Soup For The Soul, Heart Disease
- Healing Your Heart
- Strong Women Stay Young
- Take a Load Off Your Heart
- Full Catastrophe Living
- Your Guide For Making Smart Health Decisions
- Spring Forest Qigong
- Meditation CD's
- Exercise DVD's/VHS

## Comfort

- Recumbent electric lift chair

## Mobility

- Three-wheeled electric scooter
- Portable ramp

## Compression

- 8-15 mmHG **knee thigh**
- 15-20 mmHG **knee thigh**
- Sensisock **crew knee**
- Stocking donner
- TED Stockings **knee thigh**
- It-Stays® adhesive
- Application lotion
- Sock Aid

## Daily helpers

- Reacher **26" 32"**
- Leg lifter
- Dressing stick
- Pill boxes
- Herbal wraps
- Massagers
- Hot/cold packs
- Pillow **lumbar cervical**
- Daily planners
- Other \_\_\_\_\_

## Exercise

- Treadmill
- Elliptical machine
- Recumbent bike
- Upright bike
- Airdyne
- Pedometer
- Heart rate monitor
- BMI analyzer
- Resistance bands
- Weights **wrist ankle thigh**
- Walking sticks
- Gymnic ball

## Medical bag

- Blood pressure monitor
- Scale
- Medical ID bracelets
- Cast covers

## Nutritional substitutes

- Chef's Best seasoning
- Chef's Best salt substitute

Park Nicollet maintains stores to offer convenient, comprehensive, provider-recommended products, but patients may choose to receive them from other sources.

## **Store locations and hours**

### **Park Nicollet Clinic—Burnsville**

**952-993-8474**

Mon. – Fri. 9 a.m. to 5 p.m.

Closed 12:15 p.m. to 1 p.m.

### **Park Nicollet Clinic—Chanhassen**

**952-993-4434**

Mon. – Fri. 7:30 a.m. to 5:30 p.m.

### **Park Nicollet Heart and Vascular Center 952-993-2323**

Mon. – Fri. 7:30 a.m. to 5 p.m.

### **Park Nicollet Clinic—Meadowbrook (Methodist Hospital campus, St. Louis Park) 952-993-3121**

Mon. – Fri. 8 a.m. to 5 p.m. Sat. 9 a.m. to 1 p.m.

### **Park Nicollet Clinic—St. Louis Park 952-993-1330**

Mon. – Fri. 7:30 a.m. to 5:30 p.m.

**Product availability varies by location. Please call the location nearest you to ensure availability.**

### **Return policy**

Products can be returned within 15 days of purchase, if not worn or if the product was issued incorrectly. Products that have been worn cannot be returned. Please call Business Services at 952-993-0770, before returning or mailing product, to determine refund eligibility.