



**Better Living Program
(402) 354-5661**

Methodist is pleased to present:

An exciting new program **FREE** for employees, focusing on health, weight management, behavior modification, good nutrition and activity. This will include motivation, support, and accountability, as well as financial incentive to meet your goals. This 16-week multidisciplinary program is geared toward health and weight loss guidance, as well as ongoing maintenance support. Proper nutrition, activity, sleep, stress reduction and support are vital for success in a lifestyle change. I would be honored to help you on your journey!

When does it start? June 6, 2016 and will run through September 19, 2016

Who can participate?

1. Must be committed to lifestyle change, weight loss, and improving your health.
2. Must have BMI > 29
3. Must have Methodist Health System Employee Health Care Plan.
4. Must attend group meeting once weekly.
5. Must meet weekly one-on-one appointment with the nurse practitioner.

Why should I participate?

A healthier weight helps support your overall health and can improve the quality of your life. A healthy lifestyle that leads to weight loss should also be enjoyable to be sustainable. This is not a fad diet or quick fix to weight loss. It is an approach you can maintain throughout your lifetime, eating real, quality food. Lasting weight loss focuses on the simple joys of eating well, moving more and changing your mindset. You will learn how to eat whole foods and be more active in your everyday life.

- 16 weekly one-on-one visits (MH/WH/Corporate or MJE) with nurse practitioner
- Confidential; all privacy protected
- Individualized short and long-term goal setting
- Multidisciplinary approach with the nurse practitioner working closely with physicians, dietitians, exercise specialists, and behavioral therapists to bring a unique set of skills
- Measurements (weight, waist & hip measurements, BP, HR, BMI, Body Fat Testing)
- Coaching, support and motivation
- Recipes, flexible meal plans, health tips
- Ways to increase activity and an exercise prescription individualized to you

How can I find out more? Please email Brenda.herrod@nmhs.org or call (402) 354-5670.

All applicants will be notified by May 27th if you were selected or not.

Deadline to sign up is May 20, 2016.



Better Living Program

Thank you very much for your interest in the Better Living Program! We are very excited you may be joining us. This is the form to sign up for this FREE 16 week program for Methodist employees on the insurance plan. Due to limited spaces in the program, we will choose the group participants by medical necessity and those that are available to meet at specified times. We will be adding more groups in the future to reach more employees and varied schedules. In the group, you will have professional support from a registered dietitian, fitness professionals, EAP counselors, and one-on-one coaching with weekly visits with the nurse practitioner. There will be financial incentive and an investment in a healthier and happier YOU!

Name _____ Date of Birth _____ Age _____
Home Address _____ City _____ State _____ Zip Code _____
Email Address _____ Phone # _____
Job Title _____ Work Phone # _____
Department & Campus _____ Shift / Hours that you Work _____

1. Would you be able to commit to weekly meetings one-on-one with the nurse practitioner at a time and place convenient to you for 16 weeks, starting June 6th?
Yes _____ No _____ Comments: _____
2. Would you be able to commit to attend group meetings / presentations at Methodist, 8601 W. Dodge, for 16 weeks?
Yes _____ No _____ Comments: _____
3. What is your current height and weight? If you know your BMI, what is it?
Height _____ Weight _____ BMI _____
4. What is your goal weight? _____ lbs
5. When would be the best day of the week and time for you to attend the weekly meeting?
Mondays from 5 p.m. - 6 p.m. _____ Tuesdays from 5 p.m. - 6 p.m. _____ Other _____
6. What medical diagnoses or health issues do you have that you would like to improve through healthy living and weight loss? _____

This form is due by May 20th to Brenda.herrod@nmhs.org or you may fax to (402) 354-5651. You may mail form to Center for Diabetes & Nutritional Health, 8303 Dodge Street, Omaha, NE 68114. You will be notified by May 27th if you were chosen. If you have questions, please email Brenda Herrod, MSN, APRN-BC or call (402) 354-5670.