



**Better Living Program
Weight Management
402-354-5661**

Methodist is pleased to offer an exciting program 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. We would be honored to help you on your journey!

When does it start? Week of February 25 – June 10, 2019

Who can participate? If you:

1. Are committed to lifestyle change, weight loss, and improving your health.
2. Have a BMI > 29 **AND** are participating in 2018 and 2019 Simply Well Screenings
3. Participate in Methodist Health System Employee Health Care Plan.
4. Are committed to attend weekly group meetings.
5. Are committed to meet individually with the nurse practitioner or registered dietitian weekly.

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 magic 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 a positive mindset. You will learn how to eat whole foods and be more active in your everyday life. You **must** be committed to slow, steady change and work!

- 16 weekly one-on-one visits with nurse practitioner or registered dietitian
- Confidential; all privacy protected
- Individualized short and long term goal setting
- Multidisciplinary approach with the nurse practitioner, registered dietitians, physicians, fitness specialists, motivational speakers, and behavioral therapists to bring a unique set of skills.
- Measurements (weight, waist and hip measurements, B/P, HR, BMI, Body Fat Testing)
- Beginning /end photos and physical fitness assessments
- Health coaching, support and motivation
- Recipes and flexible meal plans with registered dietitian consults
- Ways to increase activity and an exercise prescription individualized to you
- Personalized workouts from nurse practitioner/certified personal trainer

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



Better Living Program

Thank you very much for your interest in the Better Living Program for Weight Management! We are very excited you may be joining us. This is the application for the 16 week program for Methodist employees on the insurance plan. Due to limited space in the program, we will choose the group participants by order in which received, those that are available to meet at specified times and are very motivated to do the work with 100% commitment. You will have professional support from a registered dietitian, fitness professionals, Best Care EAP counselors, and one-on-one coaching with weekly visits with the nurse practitioner. There will be financial incentive and most important of all, an investment in a healthier and happier YOU!

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

1. Would you be able to commit to weekly individual meetings with the nurse practitioner at Methodist Diabetes Center, 8111 Dodge Street, Women's Hospital OR Jennie Ed? Yes No
2. Are you able to attend group meetings / presentations for 16 weeks at Methodist Diabetes Center at 5pm on Tuesdays? Yes No
3. Are you able to attend group meetings / presentations for 16 weeks at Jennie, Wednesdays at 5pm?
Yes No
4. Would you be interested in attending a group at Women's Hospital starting in June of 2019?
Yes No
5. What is your current height and weight? If you know your BMI, what is it?
Height _____ Weight _____ BMI _____
6. Do you have MHS insurance plan and complete your Simply Well Screen in 2018? Yes No
7. What medical diagnoses or health issues do you have that you would like to improve through healthy living and weight loss? What is your WHY reason for wanting to do this? _____

This form is due by Jan. 18, 2019, to Brenda.herrod@nmhs.org or you may fax to 402-354-5651.

You may email or intercampus form to Center for Diabetes and Nutritional Health, 8111 Dodge Street, Omaha, NE 68114. You will be notified if you were accepted for this session. If you have questions, please email Brenda Herrod, MSN, APRN, or call 402-354-5670.