



**Better Living Program
Weight Management**

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. I would be honored to help you on your journey!

When does it start? February 6, 2017 and will run through May 26, 2017

Who can participate? If you:

1. Are committed to lifestyle change, weight loss, and improving your health.
2. Have a BMI > 29.
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 every week.

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, exercise specialists, motivational speakers, and behavioral therapists to bring a unique set of skills.
- Measurements (weight, waist & hip measurements, BP, HR, BMI, Body Fat Testing)
- Beginning /end photos and physical fitness assessments
- Coaching, support and motivation
- Recipes & 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. All applicants will be notified by January 23 if you were selected. Deadline to sign up is January 13th, 2017.



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 spaces in the program, we will choose the group participants by medical necessity, those that are available to meet at specified times & are very motivated. In the inspiring group, 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 _____

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 Methodist, Women's Hospital or Methodist Jennie Ed for 16 weeks, starting the week of February 6th?

Yes _____ No _____ Comments: _____

2. Would you be able to commit to attend group meetings / presentations at: (circle one)
- a. Methodist, 8111 Dodge Street, for 16 weeks on Tuesdays at 5pm?
 - b. Methodist Jennie Edmundson Hospital for 16 weeks on Thursdays at 5pm?

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. 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 January 13th to Brenda.herrod@nmhs.org or you may fax to 402-354-5651. You may mail or intercampus form to Center for Diabetes & Nutritional Health, 8111 Dodge Street, Omaha, NE 68114. You will be notified by January 23rd if you were chosen. If you have questions, please email Brenda Herrod, MSN, APRN or call 402-354-5670.