



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

Methodist is pleased to offer the Better Living Program for employees at Methodist Jennie Edmundson, focusing on lifestyle change for weight management. This includes forming habits of portion control, fueling the body with healthy food, physical activity, support and accountability, as well as financial incentive to meet your goals. This 16-week multidisciplinary program is geared toward forming lifestyle changes or habits that you can continue for your lifetime. The goal of this program is to work on building these positive habits to keep you at your desired weight for your life. 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? Thursday, October 6, 2016 and will run through January 19, 2017

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 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 nutrient dense whole foods and leading an active lifestyle.

16 weekly one-on-one visits (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 planning, health tips
- Basic fitness testing and an exercise prescription individualized to you

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

Deadline to sign up is September 30, 2016.



Thank you for your interest in the Better Living Program for weight management. We are very excited you may be joining us. This is the form to sign up 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 and those that are available to meet at specified times. You must have a BMI > 29 and be a part of the MHS Wellness Screening for 2016. This group is led by a nurse practitioner, and you will have professional support from a registered dietitian, fitness professionals, Best Care EAP counselors, and weekly coaching visits.

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 on Thursdays at MJE, for 16 weeks, starting October 6th?
Yes _____ No _____ Comments:
2. Would you be able to commit to attend group meetings at Methodist Jennie Edmundson, for 16 weeks on Thursdays from 5 to 6 pm?
Yes _____ No _____ Comments:
3. Are you currently on the Methodist Insurance Plan? (required) Yes No
4. Did you / are you participating in the MHS Wellness Screening this year? (required) Yes No
5. What is your current height & weight? What is your BMI? _____ Height _____ Weight _____
6. What is your goal weight? _____ lbs
7. Is there another day of the week or time that would work better for you in future program planning? Day of the Week: _____ Time: _____
8. What medical diagnosis/health issues do you have that you would like to improve with weight loss?

This form is due by September 30th to Brenda.herrod@nmhs.org or you may call 402-354-5670 or fax form to 402-354-5651. You may mail form to Center for Diabetes & Nutritional Health, 8111 Dodge Street, Omaha, NE 68114. If you have questions, please email Brenda Herrod, MSN, APRN-BC or call 402-354-5670.