

What's Included?

- Educational classes at RAMC, led by healthcare professionals.
- Support and guidance from health care professionals.
- A variety of group exercise classes available Monday through Thursday.
- Access to an assortment of cardio equipment in our fitness room.
- Weekly monitored food and activity logs.
- Small class sizes and individual attention.

What Is H.E.A.L.T.H. 4U?

The HEALTH 4 U Program started in 2012 and was modeled after other programs with demonstrated success — between 58% - 78% reductions in the chances for at-risk members from developing type 2 diabetes! Our program is now recognized by the CDC and approved by Medicare.

Past participants have had great results with an average of 8-11% weight loss.

Insurance Coverage

- Health 4 U is covered by Medicare part B and Security Health, for those that meet the criteria.
- Other insurances may cover the program as well. Contact Sandra Jewell to find out: sjewell@ramchealth.org, (608) 768-6243

What have others said about the program?

"Participating in the HEALTH 4U program was great for me, so worth my time and money."

"I feel strong and healthy now."

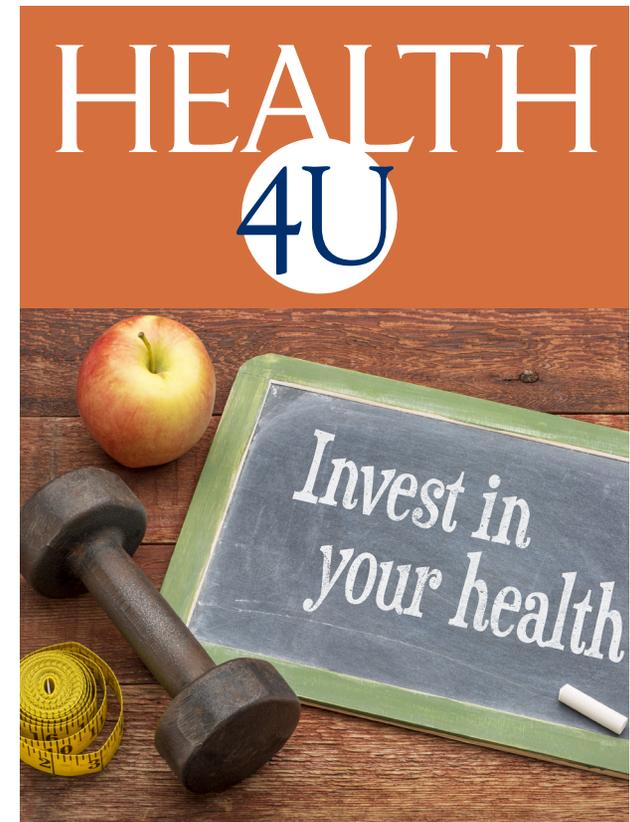
"I highly recommend joining HEALTH 4U, it gave me the tools to successfully address my health concerns."

"Excellent lectures!"

"The weekly sessions were motivating and educational."

"Excellent attention to my questions and needs."

"This program has been the catalyst to make positive changes in my life."



A physician's referral is not needed but you do need these numbers to see if you qualify for the program:

1. Body Mass Index

AND

2. Hemoglobin A1C / date of blood test

OR

3. Fasting Plasma Glucose / date of blood test

Your Name

Your Provider's Name

Contact Sandra Jewell,
Director | Rehab, Cardiac/Pulmonary, Massage Therapy,
Employee Fitness

to register or for more information —

sjewell@ramchealth.org

(608) 768-6243



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Helping Everyone Achieve
Lifelong Total Health

- weight loss
- improve fitness
- manage stress
- improve cholesterol, blood sugar and blood pressure



What is Metabolic Syndrome?

This is a combination of medical conditions that occur together and increase the risk of heart disease, stroke and diabetes. The medical conditions include increased blood pressure, a high blood sugar level, excess body fat around the waist and abnormal cholesterol levels.

Risk Factors Include:

Heredity, age, gender, race, stress levels, diabetes during pregnancy, family history of diabetes or history of cardiovascular disease all increase your chances of developing metabolic syndrome.

Defining Criteria

- BMI equal to or greater than 25
- Increased waist measurement:
Men — greater than 40 inches
Women — greater than 35 inches
- Increased triglycerides:
Equal to or greater than 150 mg/dL
- Increased blood pressure:
Equal to or greater than systolic of 130 mm Hg and/
or diastolic of 85 mm Hg or use of medication for
high blood pressure
- Increased fasting blood sugar:
Equal to or greater than 110 mg/dL or use of
medication for diabetes
- A1C between 5.7 and 6.4
- Increased total cholesterol:
Greater than 200 mg/dL or use of medication for high
cholesterol
- Increased LDL ("bad") cholesterol:
Greater than 100 mg/dL
- Low HDL ("good") cholesterol:
Men — Less than 40 mg/dL
Women — Less than 50 mg/dL

Requirements for Medicare:

- BMI equal to or greater than 25 **AND**
- Increased fasting blood sugar: equal to or greater
than 110 mg/dL **OR**
- A1C between 5.7 and 6.4



Your HEALTH 4 U team— from back left, Nikki, Exercise Physiologist; Val and Heather, Registered Dietitian Nutritionists; Jason, Certified Strength & Conditioning Specialist, ACE Health Coach.

Exclusion Criteria:

Participant cannot have any of the following:

- Previous organ transplant
- Taking steroids
- Active, uncontrolled psychiatric issues
- Current insulin use
- Current diagnosis of diabetes

Getting Started

A fasting glucose or A1C in the past 12 months can be used to determine if you qualify for the program.

Outline of the Program

The first 12 months consist of 26 sessions spread throughout the year. You will work with a trained lifestyle coach and other participants to learn the skills you need to make lasting changes. You will learn to eat healthy, add physical activity to your life, manage stress, stay motivated, and solve problems that can get in the way of healthy changes.

Initially, sessions will meet weekly and then support sessions will continue with sessions held 1-2 times per month.

Attendance and Participation Expectations for the first 6 months:

- Submit daily food logs with a minimum of 90% of days completed
- Submit weekly exercise minutes with a minimum of 150 minutes per week.
- Attain a 5% weight loss goal or other health goal by the end of the 6 months.
- For success, attendance and participation in sessions and keeping food logs is vital.
- If being reimbursed by a third party there may be other requirements to be met for reimbursement.

Attendance and Participation Expectations for the second 6 months:

- Attend group sessions.
- Weigh in at each session.
- Report exercise minutes at each session.
- Submit food logs weekly.
- Achieve 5-9% weight loss or other goal that you set at the end of the 6 months.

Educational Topics:

- Weight Management
- Exercise
- Grocery Shopping
- Label Reading
- Dining Out/Special Occasions
- Herbs and Spices
- Mediterranean Cuisine
- Mindful Eating
- Heart Healthy Cooking
- Stress Management and Sleep
- Health Risks
- Meal Planning
- Carbohydrates/Fiber
- Getting Your Life in Balance
- Staying Committed
- Balanced Nutrition

Enrollment is limited to 20 people. Contact Sandra Jewell to register or for more information —
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