

Improve your health with St. Luke's Lifestyle Medicine.

Building healthy habits can support your physical and mental well-being. We know it can feel challenging to make lasting changes on your own while managing everyday life.

That's where Lifestyle Medicine can help.

Lifestyle Medicine is a proven approach to care that uses healthier habits to treat, reverse and prevent chronic conditions like cardiovascular diseases, type 2 diabetes and obesity. By empowering you to make behavior changes in six interconnected pillars—nutrition, physical activity, sleep, stress management, connectedness and avoiding risky substances.

And great news! St. Luke's Lifestyle Medicine program is available for \$0 copay for our Medicare Advantage members.

You'll start with a one-on-one visit with a board-certified Lifestyle Medicine provider who will work with you to develop a care plan that supports your health goals. To learn more or schedule a session call **208-706-9710 (TTY: 711)**, Monday to Friday, 8 a.m. to 8 p.m. or use the QR code to get more information.



Reach your health goals.

A referral from your doctor is required. This program is offered in person and/or virtually,* and includes:

- A dedicated health coach to help you build and maintain healthy habits.
- Nutrition classes and cooking demos** with a registered dietitian.
- Consultation from an exercise physiologist and access to a St. Luke's Lifestyle Medicine gym.**
- Tools to address sleep disturbances and improve sleep quality.
- Resources to help manage stress.
- Counseling to support social relationships and connectedness.
- Medication education and management with an in-house pharmacist.

The Lifestyle Medicine team works closely with your primary doctor or specialist to support your health goals through coordinated care.

**You must be physically located in Idaho, Oregon or Nevada to participate.*

***At select locations in the St. Luke's service area.*



Disclaimers

St. Luke's Advantage Rx (HMO) is a Medicare Advantage plan with a Medicare contract and a Medicare-approved Part D sponsor. Enrollment in St. Luke's Advantage Rx (HMO) depends on contract renewal. This is not a complete description of benefits. Limitations, copayments and restrictions may apply. Benefits, premiums and cost sharing may vary by plan and county. By reviewing this brochure, you are not required to enroll.

For a complete description of what your plan covers, see the plan's Summary of Benefits (SB) or Evidence of Coverage (EOC) on our website: **medicare.stlukeshealthplan.org**. Limitations, copays, prior authorizations and restrictions may apply.

