

Improve your health for life, pay \$0.

The best thing you can do for your physical and mental well-being is to form healthy habits. Easier said than done, right? We know it can be challenging to make lasting lifestyle changes on your own while juggling the demands and stressors of everyday life.

That's where Lifestyle Medicine benefits can help.

Lifestyle Medicine is an emerging specialty focused on preventing, treating, managing and even reversing many common chronic diseases like diabetes, obesity, high blood pressure and heart disease. It empowers you with the knowledge and skills to achieve better overall health and quality of life.

And great news! St. Luke's Health Plan offers two Lifestyle Medicine programs at \$0 for our members.

Intensive Lifestyle Medicine Program

Classes are offered in person and/or virtually via Microsoft Teams®.

- Three nutrition classes with a registered dietitian.
- Two appointments with an exercise physiologist.
- Classes on stress management and improved sleep.
- Classes to spark behavior change and establish positive relationships.
- Access to Carium, a health coaching support platform.
- Group health coaching and other support for sustained lifestyle changes.

While this program is free to members, additional recommended medical visits may include a copay.

Pivio: The Complete Health Improvement Program

This lifestyle enrichment program is designed to reduce risk factors for disease through improved health habits and lifestyle modifications. Pivio focuses on dietary choices, daily exercise, support systems and stress reduction to help you lose weight and prevent or reverse conditions like high blood pressure, diabetes and depression. This program is offered virtually.

All Lifestyle Medicine programs begin with a virtual information session, which you can schedule by calling 208-706-9710. Use the QR code to access more information on programs.

