

## Improve your health with Lifestyle Medicine, 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 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 – optimal nutrition, physical activity, restorative sleep, stress management, connectedness and risky substance avoidance – you can help stop a disease at its root cause.

And great news! St. Luke's Health Plan offers the Lifestyle Medicine program at \$0\* for our 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. Schedule a session by calling 208-706-9710 or use the QR code to get more information.



## Reach your health goals.

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

- A dedicated health coach to help you sustain your lifestyle changes.
- 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 to improve sleep quality.
- Resources to effectively manage stress.
- Connectedness counseling that builds positive relationships.
- Medication education and management with an in-house pharmacist.
- Help to stop smoking or other risky substances.

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

*\*After deductible for high-deductible health plans.*

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