



TAKE CHARGE OF YOUR HEALTH TODAY

What is *Healthy Lives*?

Healthy Lives, a service of Our Lady of the Lake, is a comprehensive health and wellness program provided at no cost for employees on the health plan. *Healthy Lives* is not just a one-time screening event, but a year-round service designed to give you the tools you need to achieve a healthier lifestyle.

What can *Healthy Lives* do for me?

If you are a member on the health plan, you have access to many benefits, including a free comprehensive health risk assessment and screening, health coaching services, educational offerings, and access to the *Healthy Lives* interactive well-being web-based portal/mobile app. The mobile app provides a variety of exciting opportunities to help you manage a healthier lifestyle on the go!

❖ **Health Coaching**

A health coach is a registered nurse or dietitian who works one-on-one with you to customize fitness, nutrition and health goals that work specifically for you. This individualized approach assists in the prevention or management of chronic diseases like Diabetes, Hypertension and Hyperlipidemia.

By working with a health coach, you receive the following benefits:

- An individualized plan based on best practices
- A motivator to help you reach your goals at your own pace
- Solutions and support to help you deal with stress and daily triggers that keep you from reaching your health goals

❖ **Go Healthy! Program**

Get the tools you need to make better, healthier choices every day. This 12-week program provides personalized coaching to help you learn proper nutrition and gives you the fundamentals to maintain a healthy weight.

❖ **Pregnancy Wellness Program**

Healthier women are more likely to have healthier babies. The *Healthy Lives* Pregnancy Wellness Program focuses on a holistic approach to enhance the development of healthy mothers and babies. In partnership with your healthcare provider, a *Healthy Lives* health coach will assist you throughout your pregnancy with your personalized health needs, provide support as you plan to return to work, and will continue to follow up with you for six (6) months after delivery.

❖ **Tobacco Cessation Program**

As a member of *Healthy Lives*, you have access to a 12-week program that pairs you with a certified health coach who will be with you each step of the way to help you quit successfully. Upon enrollment, your coach will work with you to create a customized plan and identify your triggers.

Will my medical information be kept private?

Your privacy is important to us. Personal health information received through *Healthy Lives* portal/app is stored and managed in a safe, secure, and confidential manner. Your employer will not have access to any of your medical records.

How do I access these services?

For more information and to access these services, contact us at **1 (855) I AM HEALTH (426-4325)** or email healthylives@fmoths.org. We look forward to working with you on your journey to better health!