

Health Promotion Seminars and Lifestyle Management Programs

Health Promotion Seminars: Educational presentations designed to be delivered in a group setting virtually or onsite to raise awareness and educate members on the benefits of healthy behaviors.

1. **Better Sleep Leads to Better Wellbeing:** Learn the importance of sleep on health and strategies for better quality sleep.
2. **Blood Pressure Basics:** Listen to your heart. Don't let high blood pressure be your "silent killer." Get your blood pressure checked and learn how to maintain or reach a healthy blood pressure.
3. **Choose Gratitude, A Simple Practice with Powerful Impact:** Explore gratitude and how it impacts health and wellbeing and learn how to start practicing.
4. **Control Cholesterol:** Take control of your health. Learn what your cholesterol levels are and how you can reach or maintain a healthy level.
5. **Coping with Grief and Loss:** Understand grief and loss and learn ways to cope and find support.
6. **Creating a Wellness Vision:** Understand the importance of creating a wellness vision and its impact on wellbeing.
7. **Eat Well:** Don't just eat for now, eat for life. Try a sustainable approach to healthy eating habits to last a lifetime.
8. **Energy Management:** Learn ways to manage your energy to do your best work and also the things outside of work that you enjoy.
9. **Ergonomics Series:** 1.) Workstation Basics, 2.) Take a Break and Stretch, 3.) Don't Reach Too Far, 4.) Solutions to Your Workstation at Home or On the Road
10. **Fit at Any Age:** Learn things that can be changed to lead to a healthy lifestyle at any age.
11. **Get Fit at Work:** Learn 7 simple moves you can do at work, learn your fitness personality, and learn strategies to help you stick with a fitness program.
12. **Gut Health:** Understand the gut microbiome, learn about dysbiosis, and explore ways to improve your gut health.
13. **Heart Health:** Learn how the heart functions, signs of heart disease and steps for improving heart health through lifestyle changes.
14. **Managing Your Weight Through the Holidays:** Maintain, don't gain during the holiday season, take a proactive approach to keeping off the holiday weight.
15. **Men's Health:** Learn the top threats to men's health, explore screening tests and schedules and learn how to maintain a healthy lifestyle.
16. **Mindful Eating:** Understand the importance of mindful eating and how to implement.

17. **More Joy, Less Stress – Holiday Mindfulness:** Identify causes and effects of holiday stress and depression along with learning ways to cope.
18. **Optimizing Our Brains to Help Us Change:** Learn how you can optimize your mindset to facilitate change.
19. **Powering Down:** Learn the difference between just enough and too much technology, along with the impact of technology on our health and well-being. Discover why boundaries are important and how to decide which ones to set.
20. **Practicing Mindfulness:** Explore what mindfulness is, what it isn't, how to practice mindfulness meditation and be more mindful in your day-to-day life.
21. **Starting a Walking Program:** Learn the benefits of walking and how to start a walking program.
22. **Sun Safety:** Be smart about your day in the sun. Learn to protect yourself from dangerous rays, inside and out.
23. **Understanding Depression:** Learn the signs, symptoms, causes, and treatment of depression.
24. **Virtual Grocery Shopping Tour:** Learn how to shop for healthful foods at the grocery store.
25. **What is Wellness Coaching:** Familiarize yourself with the Premise Health wellness coaching product and what wellness coach do.
26. **Women's Health:** Learn the top threats to women's health, explore screening tests and schedules and learn how to maintain a healthy lifestyle.

Lifestyle Management and Condition Management Programs: Interactive programs ranging from 4-8 weeks designed to be delivered in a group setting with an onsite facilitator. Each program is designed to bring long-term behavioral change in a supportive group setting and entails weekly meetings, PowerPoint presentations, educational handouts, homework assignments and group discussion.

Please note: The Balancing Cholesterol, Hypertension, and Diabetes Group programs are Condition Management programs that have clinical elements and may be facilitated by RNs, RN Condition Managers, RDs, CDE's, Providers, Pharmacists, or in the case of Wellness Coaches, along with clinical support.

1. **Balancing Cholesterol (Dyslipidemia Group Program)** – The Premise Health Dyslipidemia Group Program is a series of four educational sessions that takes a holistic approach to managing cholesterol. The program covers a broad spectrum of topics that help educate and empower participants to make lifestyle changes that help improve their lipid balance and their health. Led by an onsite Premise Health professional facilitator and/or clinical professional and designed to bring long-term behavioral change in a supportive group setting, this series can also serve as a portal of entry for further services at our onsite health and wellness centers. The topics include understanding the condition, risk factors and potential complications; lifestyle changes for healthy eating; increasing movement; emotional wellbeing; sleep; and medications, if prescribed. Each topic is covered in a one-hour group session with presentations, group interaction and illustrative materials to enhance learning, as well as the opportunity to ask questions and gain insight from clinical professionals.
 - Session 1: Condition, Risk Factors and Complications
 - Session 2: Lifestyle Changes: Nutrition, Hydration & Substance Free
 - Session 3: Lifestyle Changes: Move More, Get Outdoors, Emotional Wellbeing & Sleep
 - Session 4: Medications & Putting it All Together

2. **Diabetes Group Program** – The Premise Health Diabetes Group Program is a series of six educational sessions that takes a holistic approach to managing diabetes. The program covers a broad spectrum of topics that help educate and empower participants to make lifestyle changes that help improve their glucose control and their health. Led by an onsite Premise Health professional facilitator and/or clinical professional and designed to bring long-term behavioral change in a supportive group setting, this series can also serve as a portal of entry for further services at our onsite health and wellness centers. The topics include understanding the condition, risk factors and potential complications; lifestyle changes for healthy eating;

increasing movement; emotional wellbeing; sleep; and medications, if prescribed. This group program also covers glucose testing, safety during physical activity, weight management and following a low sodium diet. There is also a session on preventive care for those with diabetes. Each topic is covered in a one-hour group session with presentations, group interaction and illustrative materials to enhance learning, as well as the opportunity to ask questions and gain insight from clinical professionals.

- Session 1: What is Diabetes? Risk Factors, Complications of Uncontrolled Blood Glucose Over Time
- Session 2: Diabetes Comorbidities, Glucose Testing and A1C
- Session 3: Lifestyle Changes: Healthy Eating and Weight Management
- Session 4: Lifestyle Changes: Physical Activity
- Session 5: Preventive Care
- Session 6: Medications and Putting it All Together

3. ***Diabetes Prevention Program*** – The DPP uses CDC-developed curriculum that provides a facilitator’s guide and participant handouts. The program includes a preparation checklist with materials needed and tasks to do before participants arrive, as they arrive, and after each session. A lifestyle coach (facilitator) brief for each session outlines objectives and key messages. Step-by-step presentation instructions make it easy to facilitate discussions and activities. The curriculum also offers tips on tailoring the sessions to meet participants’ needs and preferences, including cultural considerations. The program consists of 12, one-hour sessions with an option for an additional 6 sessions. The Sessions consist of 3 parts:

- * Review and check-in on weekly progress (including a private weigh-in)
- * Discussion about the week’s topic
- * Wrap-up with a to-do list and handouts

Participants are encouraged to schedule visits with their Premise H&W or medical provider for individual counseling.

- Session 1: Intro to the Program
- Session 2: Get Active to Prevent T2 & Track Your Activity
- Session 3: Eat Well to Prevent T2 & Track Your Food

- Session 4: Shop and Cook to Prevent T2
- Session 5: Get More Active
- Session 6: Stay Motivated to Prevent T2
- Session 7: Manage Stress
- Session 8: Have Healthy Food You Enjoy
- Session 9: Cope with Triggers teaches participants how to cope with triggers of unhealthy behaviors
- Session 10: Take Charge of Your Thoughts
- Session 11: Get Back on Track
- Session 12: Prevent T2 – For Life!

4. **Hypertension Group Program** – The Premise Health Hypertension Group Program is a series of four educational sessions that takes a holistic approach to managing blood pressure. The program covers a broad spectrum of topics that help educate and empower participants to make lifestyle changes that help improve their blood pressure and their health. Led by an onsite Premise Health professional facilitator and/or clinical professional and designed to bring long-term behavioral change in a supportive group setting, this series can also serve as a portal of entry for further services at our onsite health and wellness centers. The topics include understanding the condition, risk factors and potential complications; lifestyle changes for healthy eating; increasing movement; emotional wellbeing; sleep; and medications, if prescribed. This group program also covers weight management and following a low sodium diet. Each topic is covered in a one-hour group session with presentations, group interaction and illustrative materials to enhance learning, as well as the opportunity to ask questions and gain insight from clinical professionals.

- Session 1: Condition, Risk Factors and Complications
- Session 2: Lifestyle Changes: Nutrition, Hydration & Substance Free
- Session 3: Lifestyle Changes: Move More, Get Outdoors,
Emotional Wellbeing & Sleep
- Session 4: Medications & Putting it All Together

5. **Emotional Wellbeing** – Premise Health’s Emotional Wellbeing program is a four-session, interactive-based facilitator led program that is designed to be delivered to both small and larger groups, either onsite or via a webinar. It is a comprehensive approach to the topic includes recent research on mindfulness, self-care, and retraining the brain. The design of the program is interactive and participatory, including many opportunities for participants to answer questions, take quizzes, and reflect on their own situations. The program includes four PowerPoint presentations to guide discussions:

- Session 1: Emotional Wellbeing: Overview
- Session 2: Mindfulness and Stress: Making the Connection
- Session 3: Self-care and Relaxation: Building a Tool Kit
- Session 4: Retraining the Brain.

There are notes in each presentation to guide and assist wellness professionals in tailoring the program both to their unique participants and to their own style of presenting and includes an evaluation to measure satisfaction and lessons learned. This course also uses a validated tool to measure improvements in perceived stress, which can give the client useful data in determining continuing support of the program for wellness program decision makers.

6. **Getting Healthy** – The *Getting Healthy* Lifestyle Management Program is a series of five educational sessions that takes a holistic approach to health and wellness. The program covers a broad spectrum of topics to help empower participants to make lifestyle changes that improve their health. Led by an onsite Premise Health professional facilitator and designed to bring long-term behavioral change in a supportive group setting, this series can also serve as a portal of entry for further services at our onsite health and wellness centers. The topics include understanding health risks, healthy eating, physical activity, stress management and mindfulness. Each topic is covered in a one-hour group session with presentations, group interaction and illustrative materials to enhance learning.

- Session 1: Know Your Risk
- Session 2: Eat Week
- Session 3: Move More
- Session 4: Address Stress

- Session 5: Be Mindful

7. **Group Wellness Coaching** – The Premise Health Group Wellness Coaching program is a six-session, interactive-based facilitator led program that is designed to be delivered to both small or moderate size groups, either onsite or via a webinar. It is an introductory approach to the behavior change process and offers a supportive group setting as participants begin their unique process. The facilitator will lead exercises in The Wheel of Life, Wellness Visioning and the creating of meaningful and structured short-term behavioral goals. The design of the program is interactive and participatory, including opportunities for participants to reflect on their own situations, share and discuss provided resources.

8. **The Happiness Challenge** – A 6-week challenge is intended to increase awareness of the importance of happiness and to learn how to apply some happiness enhancing strategies to our everyday lives. Provided is a PowerPoint presentation and a guide highlighting an innovative employee happiness campaign. The guide is a framework to use to customize for each client's culture.

- Session 1: Your body
- Session 2: Your mind
- Session 3: Humor
- Session 4: Gratitude
- Session 5: Kindness
- Session 6: Relationships

9. **Introduction to Mindfulness (this program has prerequisites for the instructor)** – A simple definition of mindfulness is paying attention in the present moment, on purpose, and without judgment. Over the last 35 years, researchers have discovered that being more mindful in daily life can positively impact ability to manage stress management, life satisfaction, and overall wellbeing. This seven-week program designed to introduce and support employees' beginning exploration of mindfulness meditation practice. Led by a trained facilitator, this program will feature experiential learning and group discussion.

The program includes six one-hour sessions, and one 90-minute session:

- Session 1: Defining mindfulness and learning how to practice
- Session 2: Awareness of body
- Session 3: Connecting mindfulness and stress management
- Session 4: 90-minute silent retreat (practice only)
- Session 5: Gratitude, compassion, and forgiveness
- Session 6: Mindful communication; mindful relationships
- Session 7: Integrating mindfulness into our lives

10. **Live Tobacco Free** – Premise Health’s tobacco cessation program is a six-session, an interactive-based facilitator led program designed to be delivered to both small and larger groups, either onsite or via a webinar. The program is based on the transtheoretical model of change and is designed to assist individuals along the whole continuum of the quitting process from just considering quitting to those who are ready to take immediate action. The program is rooted in state-of-the-art cognitive behavioral principles of change management and includes: the physiology of tobacco use and its effects on the body, physiological and psychological addiction, motivation theory, triggers, lifestyle tips, and relapse prevention. The program includes six PowerPoint presentations to guide discussions:

- Session 1: Tobacco Cessation Basics
- Session 2: How to Cope with Triggers
- Session 3: Finding Support Inside and Out
- Session 4: Tobacco Cessation Medication Options
- Session 5: Tobacco Use and Your Health
- Session 6: Lifestyle Management Tips and Staying on Track

There are notes in each presentation to guide and assist wellness professionals in tailoring the program both to their unique participants and to their own style of presenting and includes an evaluation to measure satisfaction and lessons learned.

11. **Manage Your Weight** – Premise Health’s Manage Your Weight program is an eight-session, an interactive-based facilitator led program designed to be delivered to both small and larger groups, either onsite or via a webinar. The program is founded on the research-based Harvard Healthy Plate and the overall lifestyle medicine approach. The program combines meal planning, increased physical activity, and behavior modification. Premise Health’s solution is not a magic diet, but rather evidence-based principles that help participants achieve lasting weight modification over the long-term. The program reviews physiological processes, self-monitoring, making healthy food choices, and examination of emotional factors that influence eating. Outcome measures are used to successfully evaluate immediate and long-term changes. The program includes eight PowerPoint presentations to guide discussions:

- Session 1: Welcome
- Session 2: Mindful Eating
- Session 3: Nutrition 101
- Session 4: Building a Healthy Plate
- Session 5: Activity 101
- Session 6: Integrating Healthy Eating into our Lives
- Session 7: Recipes and Restaurants
- Session 8: Continuing Your Journey

There are notes in each presentation to guide and assist wellness professionals in tailoring the program both to their unique participants and to their own style of presenting and includes an evaluation to measure satisfaction and lessons learned.

Coming 2022

12. **Live Well, Be Well** – An 8 week lifestyle medicine program that encompasses all the pillars of lifestyle medicine. The content areas are:

- Session 1: Overview of Live Well, Be Well
- Session 2: Nutrition 101
- Session 3: Nutrition 102
- Session 4: Movement



- Session 5: Emotional Wellbeing & Sleep
- Session 6: Hydration and Substance Free
- Session 7: Putting it all together- the bigger picture
- Session 8: Maintaining a healthy lifestyle

Each week there is an educational session, group discussion, goal updates, and a takeaway assignment.