



Healthier Me



GET IN TOUCH

GET TO A HEALTHIER ME.

You are an individual.

As an individual, you have unique home and work situations that contribute to weight gain or an inability to get healthy.

We'll help you make the individual lifestyle changes needed because...

For more information about the wellness program at Tri Valley Health System, call 308-697-1153.

1305 West Hwy 6 & 34
Cambridge, NE 69022

www.trivalleyhealth.com

TRI VALLEY HEALTH SYSTEM

Wellness Program
2017-2018





You can change your life in one year!
Take the first step today.



Why participate in this program? People with pre-diabetes are 5 to 15 times more likely to develop Type 2 diabetes in their lifetime without weight loss and moderate physical activity.

If you think you may be at risk for pre-diabetes, ask a health care provider.

WHAT IS HEALTHIER ME?

Healthier Me is a year-long group class where you will work with trained, certified lifestyle coaches to learn the skills you need to make lasting lifestyle changes.

Group classes focus on:

- Healthy eating
- Weight loss
- Stress reduction and coping skills
- Lifestyle change
- Increase physical activity

The program includes 16 weekly sessions and 6 monthly sessions.

WHO CAN PARTICIPATE?

To be eligible, participants must be:

- 18 years of age or older
- Have a body mass index (BMI) of >24
- Score 9 or more points on the CDC Screening Test.*

Unsure if you qualify?

Talk to your doctor to find out if you qualify or email questions to dietary@trivalleyhealth.com. You can also determine your risk by taking a blood test to measure your blood sugar.

*Take the CDC Screening Test at www.trivalleyhealth.com/nutrition-diabetes

Tri Valley Health System is certified by the American Diabetes Association. Our staff includes registered nurses, dietitian and physical therapist assistants who are trained and certified.

CLASS DATES & REGISTRATION

Two easy ways to learn more about upcoming class dates and registration:

Email:

dietary@trivalleyhealth.com

Call:

308-737-1533 or 308-697-1153

