

# A New Year to Focus on YOU!

## *Your Health is Essential – January 2021*

The EDGE Preventative Care team is excited to share more virtual wellness opportunities moving into 2021! We are dedicated to providing effective and evidence-based programs to help you focus on your health and wellness.

### **Virtual HealthyCARE™ 90 Day Program**

A comprehensive wellness program designed to enrich your life and health. Guided by a Nationally Certified Health Coach, over the course of 13 weeks, you will learn the fundamental aspects of fitness, nutrition, stress management, and behavior modification.

*"This program taught me so much about nutrition, labels, living a healthy lifestyle, and overall health, that I would encourage anyone who has a chance to participate to sign up for this program. You won't regret it!" – Graduate*

**Program Start Date:** Tuesday, January 12<sup>th</sup> – April 6<sup>th</sup>, 12-1pm Virtually via ZOOM

**Cost:** \$113 with BCBSVT plan/\$117 with Cigna plan (originally \$499) \*Contact us if you have another insurance provider to verify your benefits in advance.

To learn more [CLICK HERE](#).

#### **Average Program Graduate Data:**

- **16 LBS WEIGHT LOSS**
- **3 INCH WAIST CIRCUMFERENCE REDUCTION**
- **11 POINT BLOOD PRESSURE DROP**
- **5 POINT BLOOD GLUCOSE DROP**
- **24 POINT CHOLESTEROL DROP**



**THE EDGE** Preventative  
**CARE**  
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### **Virtual Food & Mood 8 Week Program**

Join Allison Filepp, EDGE Registered Dietitian for this comprehensive program focusing on supporting your mental health and well-being through nutrition. This program includes weekly group educational sessions along with three 1-on-1 tele nutrition sessions.

**Program Start Date:** Tuesday, January 19<sup>th</sup> – March 9<sup>th</sup>, 12-1pm

**Cost:** \$80 (pending insurance)

To learn more [CLICK HERE](#).

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## In Body Scan & Tele Nutrition

Learn what your body is made of through the In Body Scan. The In Body is a medical grade device which provides you information on your body composition, metabolism, hydration levels, and much more. Book a 5-minute in person scan at The EDGE and follow up with the Registered Dietitian via tele nutrition to review your results and gain recommendations to meet your wellness goals.

Fully covered by BCBSVT and Cigna

Book via [genavix@edgevt.com](mailto:genavix@edgevt.com).

A detailed printout of an InBody scan. It includes sections for 'Body Composition Analysis', 'Body Fat - Lean Body Mass Control', 'Body Fat Analysis', 'Segmented Fat Analysis', 'Basal Metabolic Rate', 'Visceral Fat Level', 'Health Interpretation', 'Segmented Lean Analysis', 'Segmented Fat Analysis', 'Visceral Fat Level', and 'Impedance'. The printout contains various numerical data points and graphs.

## FREE Webinar – Sustainable Habits Making!

Thursday, January 28th 12-1pm via ZOOM

Join the EDGE Preventative Care team for a one-hour virtual webinar to learn more about creating sustainable lifestyle changes to meet your wellness goals and stick to your New Year's resolutions. Learn tangible tools to implement into your routine including positive self-talk, dichotomous thinking, habit stacking, and more.

[CLICK HERE](#) to register.

## Next Steps Diabetes Program

Join us for a comprehensive 8-week program focusing on the positive impact of nutrition and exercise to improve Type II Diabetes. Through the support of your peers, a Registered Dietitian, and an exercise specialist, you will gain the knowledge, guidance, and confidence to improve your health.

**Program Start Date:** Monday, February 8<sup>th</sup> – March 29<sup>th</sup>, 12-1pm

**Cost:** 100% covered by MOST Insurance Plans (with Type II Diabetes Diagnosis)



Please contact us at [genavix@edgevt.com](mailto:genavix@edgevt.com) or call 802-951-2320 with any questions or to reserve your spot in any of our programs.