

May 2021

EDGE Preventative Care Wellness Opportunities

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

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, May 25th – August 17th 12-1pm via ZOOM

Cost: \$113 with BCBSVT plan/\$117 with most Cigna plans (originally \$499)

**Contact us if you have another insurance provider to verify your benefits in advance.*

To learn more [CLICK HERE](#).

Additional Wellness Programming

Are you looking to specialize in certain areas of wellness including mental health or managing Type II Diabetes through nutrition and exercise? These programs may be just for you!

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. **FREE 8 Week EDGE Membership Included!**



Program Start Date: Monday, June 14th July 2nd from 12-1pm via ZOOM

Cost: 100% covered by BCBSVT (*with Type II Diabetes Diagnosis*)

To learn more [CLICK HERE](#). | To Reserve Your Spot Email genavix@edgevt.com

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, May 18th – July 6th from 12-1pm via ZOOM

Cost: \$80 with most Insurance Plans

To learn more [CLICK HERE](#). | To Reserve Your Spot Email genavix@edgevt.com

Free Wellness Webinars

Join our EDGE Preventative Care team for engaging wellness webinars focusing on ways to support your health and well-being through your habits, nutrition, sleep, mindfulness, and movement!

Creating Sustainable Habits to Live a Balanced & Healthy Lifestyle!

Thursday, May 6th 12-1pm via ZOOM

Focus on creating healthy habits and daily rituals that become a part of your lifestyle! Learn new tips on how to start a new habit and ways to help make that habit stick, whether it be starting to exercise, revising your nutrition, saving for retirement or improving your sleep!

[CLICK HERE](#) to REGISTER!



Stress Management Through a Pandemic

Friday, May 7th 12-1pm via ZOOM

Are you feeling overwhelmed with your stress levels at an all time high? Join our EDGE Preventative Care team for this engaging discussion around the adverse effects of stress on our body and how to manage those stressors. Enjoy a mindful body scan that you can add to your tool box of mental skills!

[CLICK HERE](#) to REGISTER



Free Wellness Webinars

Label Savvy: Nutrition Labels, Manufacturing Gimmicks and More!

Friday, May 14th 12-1pm via ZOOM

Join the EDGE Preventative Care team for this engaging webinar on all things nutrition labels. Discussion topics will include manufacturing gimmicks that loop us into purchasing food items that may not be all they are toting on the label, hidden preservatives and additives in our foods, and navigating the best 'bang for your buck' when purchasing items with food labels!

[CLICK HERE](#) to REGISTER!



Meal Planning & Preparing: Tips & Tools to Improve Your Nutrition

Wednesday, May 19th 1-2pm via ZOOM

Join our EDGE Preventative Care team for this live webinar focusing on fueling your body through whole foods which includes meal planning and preparing strategies!

[CLICK HERE](#) to REGISTER!



Free Wellness Webinars

Nutrition, Movement & Mindfulness to Support Mental Health

Monday, May 24th 10-11am via ZOOM

Join our EDGE Preventative Care team for this 1 hour webinar focusing on ways to support your mental health and stress reduction through nutrition, exercise, and mindfulness!

[CLICK HERE](#) to REGISTER!



For more information on our wellness webinars or to be added to our monthly email list please contact us at genavix@edgevt.com

Tele Nutrition & InBody Scan

Customize your wellness plan with the support of a Registered Dietitian

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.

Meeting with our Registered Dietitians via tele health can be booked independent of the InBody.

May be fully covered by BCBSVT and most Cigna plans

To Book and Appointment Email us at: genavix@edgevt.com.

