

WellScript

Healthy Employee Learning Programs (HELP)

Our Group Education series has been developed to help businesses successfully educate their employees on the health issues that matter most to them. The following topics can be presented as a series of education sessions or each topic (all except topics followed by ★, which are only available when providing the complete series of sessions) can be presented as a one-time presentation.



Diet, Nutrition & Exercise

Getting Started ★ - Provides an overview of the program and its components including the “Healthy Balance” booklet, healthy behavior points and review of how each participant can accumulate points, food record forms, and monthly calendars.

A Healthy Balance – Reviews how to create weight loss and weight management which is very important with the use of the food record. Participants will also learn about how many calories they should eat to promote weight loss. We will also review healthy food choices and appropriate portions.

What Should I Eat? – Includes the importance of eating a variety of foods in moderation. Learn how the My Plate and its recommendations, including number of servings from each food group and correct portion sizes, can guide you to a healthier lifestyle.

Goal Setting – The concept of setting goals is very important in creating a healthy lifestyle. Learn how to write manageable goals, including goals for long term weight loss, exercise, and changing eating habits.

Menu Planning- Learn how menu planning is the cornerstone of a healthy lifestyle. Gain knowledge about components of menu planning and good ideas for meals that are low in density so you feel full on fewer calories and not hungry while creating a calorie deficit to promote weight loss.

Creating a Healthful Environment – Provides information on how and when to grocery shop, how to store your food at home, how to prepare meals, how to deal with leftovers and the influence those habits have on your waistline and health.

Calorie Density, Fill Up Not Out –Learn why some foods make us feel fuller than others without giving us a lot of calories and how to control your weight without feeling hungry.

Exercise - Reviews the role exercise plays in achieving a healthier lifestyle and weight management. Utilizes the 2008 Physical Activity Guidelines for Americans and provides guidelines for physical activity for health benefits and for weight loss and maintenance.

Healthful Vacation- Learn how to have a healthy lifestyle while on vacation and that weight gain does not have to be inevitable.

Don't Miss Your Eating Cues- Reviews the many visual and emotional cues that encourage us to eat more than needed and sometimes more than we want.

Portion Control – Reinforcement of the food pyramid guidelines, food choices, portion control, and how the number of calories an individual consumes impacts their weight.

The Enchantment of Eating Out- Eating out frequently seems to be the norm. In order to be healthy, we must learn appropriate ways to eat out and make healthy choices.



Diet, Nutrition & Exercise

Healthful Holidays- The holidays are a time of the four “F’s”, family, friends, fellowship, and the big one...food! Learn how it is possible to eat healthfully during the holidays and get tips and suggestions for how to prevent the dreaded holiday weight gain.

Lapse vs. Relapse – This is one of the most important lessons. Dieters often view their lives as being on or off a diet. Learn how to change this mentality to promote a healthy lifestyle and learn how one should respond to a lapse (“bad day of eating”) to keep a healthy lifestyle going.

Mystical Maintenance and It’s All About Balance★ – Learn how to continuously live a healthy lifestyle. Session offers techniques for maintaining weight, but stresses how an individual “can-do” attitude is the most important.

Choose MyPlate - Review the principles of the *MyPlate* initiative to remind Americans to eat healthfully while providing guidelines for making healthy food choices. Reviews the importance of eating a variety of foods in moderation can guide one to a healthier lifestyle.

Eating Heart Healthy – Reviews components of heart healthy eating. Also, reviewing what cholesterol, triglycerides, HDL, and LDL are and appropriate eating choices a person can make to help manage these.

Diabetes Control and Prevention- A general program that reviews prevalence of diabetes, types of diabetes, risk factors, and preventing diabetes using lifestyle modification (specifically weight control, diet, and exercise).

Diabetes and Carb Counting – Program provides specific information about meal planning for the individual’s diagnosed with pre-diabetes and diabetes. Reviews what diabetes is and uses carb counting meal planning principles to help control blood sugars.

Preventing and Treating High Blood Pressure – Reviews the DASH (Dietary Approaches to Stop Hypertension) Eating Plan. Studies say that by following a DASH meal plan and by eating less salt can help reduce blood pressure. The eating plan along with decreasing sodium intake gives the biggest benefit for reducing blood pressure while possibly preventing the development of high blood pressure.

Exercise- Reviews the role exercise plays in achieving a healthier lifestyle, weight management and managing health risks, like high cholesterol, high blood pressure and high blood sugars utilizing the 2008 Physical Activity Guidelines for Americans.

Walking for Fitness- “These shoes are made for Walking”. Step by step we will tell you what it takes to start a successful walking program for yourself, your company or your group!

Stretch and Strengthen at the Desk- Sometimes all it takes is a good s-t-r-e-t-c-h to take the edge off a hectic workday. Join us as we teach and demonstrate simple exercises to keep you stress-free, toned and energized!

Sleep: Up All Night- Wide awake again at 3 am? Get insight into the causes of sleep disorders and learn relaxing tactics that can help you get your ZZZs

Chronic Obstructive Pulmonary Disease- Often thought of as an old smoker’s disease, recent studies now indicate that 80% of people diagnosed with asthma actually have COPD. We’ll look at the causes and symptoms of COPD and how you can protect your lungs! (Onsite Spirometry Testing Available!)

Think Pink!-Did you know that breast cancer is the second most common cancer among women? About 1 in 8 women will develop breast cancer in their lifetime. We'll discuss the techniques for self breast examinations and the ins and outs of mammograms! Remember, early detection increases the chance of survival!

Safety in the Summer- We will discuss different summer health issues and how to combat summer health issues including heat, bug bites, and skin issues.

Skin Cancer: Decreasing your Risk- Skin care rates are annually increasing! Learn about the different types of skin cancer and how to stay ahead. (Skin screening available for an additional fee)

How strong are your bones?- Osteoporosis is a silent disease that attacks women and men as they age. 50% of all women over the age of 50 will experience a broken bone due to osteoporosis. Learn how to maintain a healthy lifestyle including weight-bearing exercises and a diet rich in calcium and Vitamin D to preserve bone strength. (Bone density testing available for an additional fee)

Cholesterol- We have seen the Know Your Numbers commercials and been told it is important, but what does it mean? We will discuss the different components of cholesterol including HDL, LDL, VLDL, triglycerides, and cholesterol.

Under Pressure- Learn what blood pressure is and what the numbers mean. We will also discuss healthy ways to keep BP within a healthy range.

Back Care: Oh My Aching Back!! Let's get back to basics: stretch and strengthen muscles that keep the back healthy, learn exercises to prevent or even alleviate back pain, learn prevention strategies to minimize your chance of experiencing back pain.

Best Moves for Injury Prevention: A lot of injuries can be prevented simply by taking a few minutes to stretch before exercising or working. Get quick, easy tips that can make all the difference in preventing unnecessary injuries at home, work or play!

Ergonomic Principles in Industry: An on-site review of the company's work site, gathering of pictures to illustrate how ergonomic principles can be utilized to improve the setup and performance of actual jobs at your company.

Preventing Industrial Injuries: Involves an on-site review of the company's work site and job tasks. Stretching and other techniques to avoid cumulative trauma disorders and industrial injuries will also be discussed.

Preventing Musculoskeletal Injuries in Healthcare: Involves an on-site review of your healthcare environment including the evaluation of specific job tasks, lift equipment and environmental considerations. This is especially helpful for healthcare workers who regularly lift and/or transport patients. Stretching and other preventative techniques to avoid back injuries are also reviewed and discussed.

