

April 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



Over 2000 Vermonters Have Graduated!

Average Results:

- 15.1lb Weight Loss
- 3" Reduction in Waist Circumference
- 11pt Drop in Blood Pressure
- 5pt Drop in Blood Glucose
- 24pt Drop in Cholesterol

Virtual HealthyCARE™ 90 DAY PROGRAM
Fitness - Nutrition
Behavior Modification
Stress Management

Program Start Date:

Thursday, April 1st – June 24th 12-1pm via ZOOM

Or

Tuesday, April 27th – July 20th 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.*

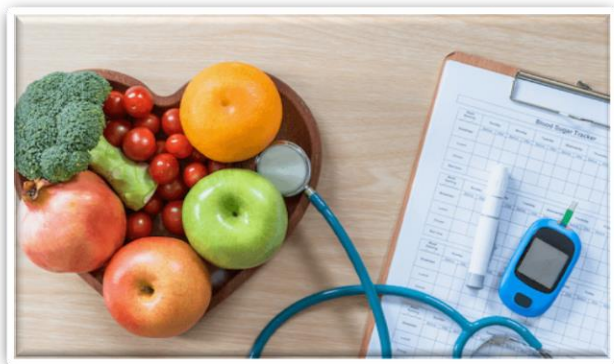
To learn more [CLICK HERE](#).

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, April 12th – May 31st 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 lunch & learn wellness webinars focusing on ways to support your health and well-being through your habits, nutrition, sleep, mindfulness, and movement!

The Benefits of Exercise to Manage Type II Diabetes

Thursday, April 1st 12-1pm via ZOOM

Join us for this engaging discussion around the science and benefits behind exercise to manage Type II Diabetes! Presented by Certified Exercise Physiologist, Nicole Williams.

[CLICK HERE](#) to REGISTER!



Jumpstart Your Nutrition!

Tuesday, April 13th 12-1pm via ZOOM

Need a reset in your nutrition plan or looking for ways to improve your energy through the foods you consume? This webinar will focus on the power of food as fuel, tips on sustaining our energy throughout the day through food pairings and normalized eating patterns!

[CLICK HERE](#) to REGISTER!



Nutrition, Movement & Mindfulness to Improve Mental Health

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

Friday, April 30th from 12-1pm via ZOOM

[CLICK HERE](#) to REGISTER



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.

