



University of Vermont

## Commit to Get Fit in 90 Days!

We are excited to announce a new opportunity for you to focus on your health through the **HealthyCARE™ 90 Day Program**, in partnership with **The EDGE Preventative Care** and the **University of Vermont Employee Wellness**. This is not a diet or workout plan, but a comprehensive wellness program designed to enrich your life and help you become healthier. Guided by a Nationally Certified Genavix Wellness Coach over the course of 13 weeks, you will learn the fundamental aspects of **fitness, nutrition, stress management and behavior modification**.

### What Is Included?

- 13 weekly hour long group sessions with your Certified Wellness Coach
  - **Dates: Tuesday, August 27<sup>th</sup> – November 19<sup>th</sup>, 2019**
  - **Time: 12pm-1pm** –will run at the same time and day for 13 consecutive weeks
  - **Location: Waterman 427A** (the first week is in Memorial 338)
  - One hour lecture/discussion on nutrition, stress management and behavior change topics
- **3 one-on-one nutrition sessions** with a registered dietitian
  - Comprehensive nutrition assessment including biometric measurements, body composition metabolism testing, circumference measurements, goal setting and more
- Weekly whole foods meal plans and hundreds of recipes
- Your choice between a variety of exercise modes. Options may include: a MyZone wearable heart rate monitor, Les Mills On Demand group fitness app, gym membership to The EDGE, or independent tracking of your exercise with the accountability of your Wellness Coach. (Additional fees may apply for some options)

### What Is The Cost?

- **For employees covered by the UVM BCBSVT health insurance plan: \$113.12** after insurance. (Program restrictions and insurance verification may apply). This will be detailed in the information session. You may be eligible to use your flexible spending account.
- *If you have a different health insurance plan, please submit your insurance card to Deanna Ploesser, EDGE Administrative Assistant, at [deannap@edgevt.com](mailto:deannap@edgevt.com) to complete an insurance verification to determine your out of pocket cost.*

If interested, please attend the **FREE Information Session** being held on **Tuesday, July 16<sup>th</sup> from 12-1pm** in Waterman Memorial Lounge (Waterman 338). RSVP to Deanna Ploesser [deannap@edgevt.com](mailto:deannap@edgevt.com) by **Monday, July 15<sup>th</sup>**. If you are unable to make the information session but have questions, email Deanna or call 802-951-2320. **Limited Program Space Available – Employees Spots will be FIRST COME FIRST SERVE.**

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