HEALTH EDUCATION PROGRAMS

Dedicated to Your Lifelong Wellness

Health Plan of Nevada | Sierra Health and Life
A Team Approach to Good Health

Education is an important part of preventive health. At Health Plan of Nevada and Sierra Health and Life, we provide programs dedicated to your lifelong wellness.

Wellness is an ongoing process involving physical, emotional, intellectual, and spiritual health. Our goal is to prevent illness and to help you manage your existing health concerns.

You will be given the knowledge and tools to help you make self-care decisions that may improve the quality of your life.

Our health education team is comprised of professionals dedicated to teaching people the skills needed for lifelong health. Our staff consists of:

- A Certified Health Education Specialist (CHES)
- Registered Dietitians (RD)
- Certified Diabetes Educator (CDE)
- Licensed Alcohol and Drug Counselors (LADC)
- Certified Lactation Counselors (CLC)
- A team of professionals with a Master’s Degree in Exercise Physiology and in Health Promotion

The Health Education and Wellness Division is designed to focus on both preventive care and the management of existing health concerns.
Asthma – Adult
Blueprint for Breathing (ages 18 and up)
This program is designed to help you better understand asthma, how it affects you and your family, and how to take control. Topics include triggers and treatments, medications, and self-care.

Asthma – Child
Blueprint for Breathing (ages 1 to 17)
Knowing what happens during your child’s asthma episode, how triggers can make breathing difficult, and how to recognize the signs and symptoms of an episode are key to managing asthma. This program will show you steps to help better control your child’s asthma.

Classes will be based on your child’s age: Toddler (ages 1-3), Pre-school/Early Childhood (ages 4-8), Child/Pre-teen (ages 9-13), Teen (ages 14-17).

Cancer Nutrition
Learn more about your diagnosis and how to live better; whether you would like to focus on cancer prevention or learn how to better manage your symptoms. This consultation may cover various topics, including nutrition, physical activity, risk factors and screenings related to your type of cancer. Learn strategies of coping with cancer and special considerations for cancer survivors. This curriculum covers 19 different types of cancer and general cancer nutrition.

Chronic Obstructive Pulmonary Disease (COPD)
A Breath of Fresh Air
Understanding chronic breathing problems and how they affect you and your family are key to taking control. This program is designed to help you manage your COPD and
expose you to strategies and skills that may improve the quality of your daily living. Emphasis will be on nutrition, weight management, smoking cessation, physical activity, daily functioning, and monitoring of your progress.

**Prediabetes (English)**

**Reducing Your Risk**

Reducing Your Risk is designed to provide you with the information and skills you need to make lifestyle choices that will help you balance your life and prevent diabetes. This class will teach you the basics of preventive care through understanding what pre-diabetes is, making healthy food and activity choices, reducing risks for future complications, and setting smart goals.

**National Diabetes Prevention Program (Spanish)**

Those who have prediabetes combined with poor weight management and/or minimal physical activity could develop type 2 diabetes within five years.

Prevent type 2 diabetes with the National Diabetes Prevention Program.

This CDC approved 12-month program is given in 16 weekly core sessions, followed by monthly post-core sessions. This is a proven lifestyle change program which can help you prevent or delay getting type 2 diabetes. Our lifestyle coaches will help you develop healthy eating habits, increase your physical activity, and help keep you motivated to make healthy changes. This program will be taught in Spanish.

**Diabetes**

**The Balancing Act (includes three class sessions)**

The art of balance is control; the key to control is knowledge. The Balancing Act is designed
to provide you with basic knowledge of preventive care for diabetes. This program will focus on healthy food, physical activity, blood glucose monitoring, foot and eye care, stress management techniques and other effective ways to help manage your diabetes.

**Understanding Insulin**

*Insulin Management*

The act of injecting insulin can be overwhelming. This session is designed to help you overcome the fears of taking insulin. Learn why you need insulin and gain confidence by learning the proper skills for injecting, storing and understanding the timing of insulin as it is processed in the body.

**Heart Failure**

*The Heart of the Matter*

This program is designed to help you manage your condition and introduce you to strategies and skills that will improve the quality of your daily living. Emphasis will be on nutrition, weight management, physical activity, daily functioning and monitoring of your progress.

**Healthier Living**

This program is a unique six-week self-management program taught by a health educator and a peer with a chronic condition. Healthier Living is designed for anyone with a chronic health condition, including caregivers. Learn how to manage a chronic disease through nutrition, fitness, symptom management, coping skills and other important aspects of self management. This class is appropriate for, but not limited to, individuals age 55 years and older.

**Heart Health**

*Blood Pressure, Cholesterol, Triglycerides*

You hold the key to your heart health. Recognize your risk factors for heart disease
and high blood pressure and find out what you can do about them. Learn and understand lab results, food labels, and tips for dining out. This program will help you keep your heart health in control by weight reduction, exercise, proper medication use, tobacco and alcohol reduction, and a balanced food plan.

**Medical Nutrition Therapy**

Our registered dietitians are available to see patients on a wide range of medical nutrition topics, including but not limited to, hypoglycemia, malnutrition, celiac disease, renal diet, food allergies, gout, tube feeding and other gastrointestinal conditions.

**Sports Nutrition**

**Fit for Life**

Stay in shape for the rest of your life. Realize the importance of variety, balance, and moderation as it applies to physical activity and nutrition. Learn how to maximize your exercise program, enhance your nutrition, and reduce stress. Staying fit continues with motivation, understanding bad habits, and how they affect motivation. This topic is geared towards those who have met their weight goals and are looking to maintain or improve upon their goals for a lifetime of good health.

**Pregnancy and Lactation**

**Healthy Expectations**

Pregnancy is an exciting time. Learn about staying healthy and safe by participating in this special program. Emphasis will be on good nutrition habits, proper weight gain, personal and home safety, as well as exercise during pregnancy. You will also learn ways to cope with stress, emotions and some of the discomforts of being pregnant. The course will also cover baby’s first year.
Also learn why breastfeeding is an excellent choice for your baby's health and how to get started and be successful. Emphasis will be given to position and latching-on, mastering the first week—milk production, colostrum, guidelines to reduce fullness discomfort; how to know if you have enough milk, safe handling of expressed milk such as methods of expressing milk, breast pumps, and guidelines for storing and transporting breast milk. This program will also cover returning to work or school and current recommendations for feeding. It is great for both experienced and first-time moms. Support persons welcome.

Contact your provider or OB/GYN for an International Board Certified Lactation Counselor (IBCLC) if you're experiencing lactation complications. The Health, Education and Wellness team has certified lactation counselors if you need post-birth one-on-one lactation sessions with your baby.

Senior Health
Enhancing Quality of Life
We are living longer than we ever have and it's never too late to benefit from healthy choices. Understand how proper nutrition, regular exercise and healthy lifestyle habits can affect the quality and length of life. Learn who can exercise, how to exercise safely, proper technique, and the types of exercise options available in the community. Learn how to overcome barriers and discover how you can apply healthy principles to your life.

Stop Smoking
Tobacco Cessation Program
Your first step before entering this program is a one hour orientation session. Once
completed, you will be provided with the specialized training to become nicotine-free. This three month program includes a personalized treatment plan with:

- One-on-one consultation
- Physician-guided medication plan
- Education and support
- Member follow-up (as needed)

There is no cost to Health Plan of Nevada, Sierra Health and Life, SmartChoice or Nevada Check Up members for the program. UnitedHealthcare will be covering select over-the-counter and prescription tobacco cessation medications at $0 cost share for those in the Tobacco Cessation Program. Please note: Senior Dimensions members will pay a generic co-pay for bupropion (generic Zyban®) or the brand name co-pay for Chantix®.

**Weight Management – Adult**

*LEAN on Me (includes three class sessions)*

Find the motivation to lose weight and keep it off. Develop a personal plan to make positive changes in your eating and exercise habits to achieve healthy and permanent weight loss. Identify your environmental and emotional triggers in order to take control of your habits and improve your self-esteem.

**Weight Management Support Group**

*Weight Matters*

The Weight Management Support Group focuses on a combination of nutrition and fitness, while incorporating a positive learning environment. You can learn behavior modification and life skills to promote a high quality of life.
Healthy Nutrition – Toddlers and Pre-schoolers
Steps to Good Nutrition (Toddler ages 1-3; Pre-school/Early childhood ages 4-8)

Feeding your little one in a healthy way promotes normal growth and lays a foundation for healthy eating habits. Steps to Good Nutrition is designed to provide parents with general guidelines and a step-by-step approach to good nutrition, healthy activity levels and behavior modification. Helping your child make better choices while growing up may prevent obesity and other health problems in adulthood. Toddlers and preschoolers have unique nutritional needs, so parents will receive information on proper portion sizes, energy builders and good food choices.

Healthy Nutrition – Children
Building Blocks to Good Health (Child/Pre-teen ages 9-13)

With Building Blocks to Good Health (parents) and My Building Blocks to Good Health (children), your family can start down the road to good nutrition. In this program, you’ll find the necessary tools to achieve your family’s health goals, including up-to-date information on health, nutrition and physical activity. This fun-filled class makes it easy for kids to learn about nutrition, change poor habits, and achieve/maintain a lean, strong and healthy body. Parent participation is required.

Healthy Nutrition – Teen
Nutrition 101 (ages 14 to 17)

Some teenagers are not physically active and some don’t get the foods their growing bodies need. Foods we choose to eat affect how we look, how we feel and how well we perform in our daily tasks. This class is designed to help teenagers improve their eating and exercise
habits while building self-esteem and positive attitudes. The program will help teenagers aim for fitness, focus on good nutrition and make good health choices. Parent participation is required.

**Senior Fitness**

*ForeverFit*

Staying active throughout one’s life cycle is very important to maintain quality of life and functional movement. This class is specifically designed for older adults. Classes will focus on various core strengthening, balance, stretching, breathing techniques, and more.

**Exercise**

*Learn While You Burn*

Are you looking to incorporate exercise effectively and safely into your life while getting active at the same time? This class will show you how to improve flexibility, mobility and balance without having to rely on specialized equipment. You will learn how to fuel the body properly to ensure maximum fat loss while gaining muscle simultaneously. All levels are welcome to attend and various exercise topics are available. Come have fun, get active and learn while you burn.

**Stress Management**

*A State of Well-Being*

Don’t let stress get the best of you. In this class, you can learn to identify the physiology of stress and how chronic stress can negatively affect the body if not managed properly.

Learn how changing your thinking patterns, communicating effectively, time management, nutrition, gastrointestinal health, hormone balance, and exercise all play an important role in managing and adapting
to stress. Using hands-on techniques, you can also learn several relaxation therapies designed to help you break the cycle of stress for good.

**Grocery Shopping Tours**  
**Shop Smart for Healthy Living**

Making a few simple changes in your food choices at the grocery store can make a big impact in your overall health. In this two-part class series, you can learn the basics in meal planning, how to read a food label, what to look for from each section of the store and how to shop from a budget. Selecting foods for you and your family can become a more enjoyable experience instead of a chore. You will be given the tools to navigate the grocery store and example recipes to plan healthy meals successfully.

Group classes and one-on-one sessions are available at Southwest Medical Associates health care centers and at The SMA Lifestyle Centers®.

For information and registration, please call the Health Education and Wellness Division at:

**702-877-5356** or **1-800-720-7253**.

Information is also available online at myHPNonline.com and mySHLonline.com
Health plan coverage provided by Health Plan of Nevada. Insurance coverage provided by Sierra Health and Life.