

PREVENTION PAYS – Up to \$100

Prediabetes and Diabetes Programs

Diabetes prevention programs help participants make real lifestyle changes such as eating healthier, including physical activity into their daily lives, and improving problem-solving and coping skills. Participants learn how to lose weight, eat a balanced diet and make healthy lifestyle changes.

Staff and adult family members that have been diagnosed with diabetes and are on the district health insurance plan are encouraged to take advantage of programs that provide education and support and that improve the quality of life by preventing and controlling the complications of diabetes.

For prediabetes and diabetes program information please call Employee Wellness at 927-9000, ext. 31363.

Tobacco Cessation Programs

3 Free and Easy Ways to Quit:

- Talk to a Quit Coach who can help you quit tobacco – 1-877-U-CAN-NOW or 1-877-822-6669
- An online program to help you quit tobacco is a click away – www.quitnow.net/florida
- Looking for local, face to face help? Find classes near you- <http://www.gsahec.org/>

Call Employee Wellness at (941) 927-9000 ext. 31363 for more information.

Organized Weight Loss Program (6+ Weeks)

When you're looking for a weight loss program, it's wise to look for one that will meet your needs and set you up for long-term success. There are a number of weight loss organizations and each has its own methods to help those on a weight loss journey. Plans may include individualized help, group meetings or classroom settings. Examples include: Weight Watchers, Jenny Craig, TOPS, Overeaters Anonymous, Nutrisystem, MEDI, Healthy Wage and Healthy Turnaround.

Organized Fitness Program (6+ Weeks) or Personal Trainer

A personal fitness plan involves assessment of your current level of fitness, establishing fitness goals, creating a fitness routine, and monitoring progress. Programs are designed to include components of strength, flexibility, and aerobic fitness and can be individual or group format. Examples: Pedometer or walking program, The 8 Colors of Fitness or any other 6+ week exercise program.

Florida Blue Health Screening

Free screenings for cholesterol, diabetes, blood pressure and more with immediate results for Florida Blue members. Health Coaches sit with participants and review results, answer questions and share tips on health related topics such as nutrition and fitness as well as information to maximize health benefits.

Health Coaching

Health coaching sessions via computer, phone, or face to face meetings (not to include coaching at on-site screenings) provide tools and resources to help you reach your wellness goals and empower you to make informed healthcare decisions. Florida Blue's "Better You Next Steps" program is available to staff on the district health insurance plan. Call 1-800-477-3736 to speak to a coach or call Employee Wellness at (941) 927-9000, x31363 for more information.

Wellness Seminar or Class

An individual program that covers one of the dimensions of wellness to include: physical, intellectual, emotional, social, spiritual, occupational, and environmental. Delivery via multiple formats to include in person, online, video based, and telephonic.

Organized Walk/Race

Show your bib, medal, or registration receipt to receive credit for participating in an organized fitness event.