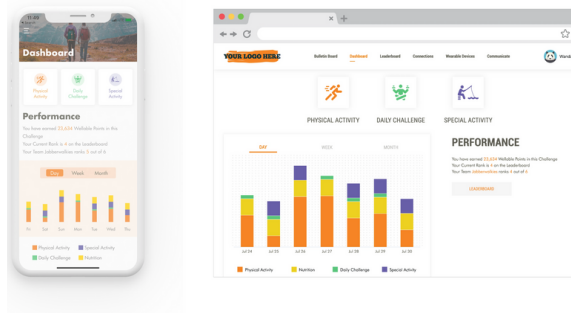


# REFERRAL PROGRAMS

## WELLABLE ASSISTANCE

Make an appointment today to learn how to get the most out of your Wellable app! Need assistance setting up Wellable on your phone or computer? Want more information on the Wellable Points System and how money is earned? Need help learning how to track your progress with (or without) a wearable device? We can help! [Click here to make an appointment.](#)



## PRIVATE CONSULTATIONS

Are you ready to improve your health but need help knowing where to start? We can help with that! Through authentic human-to-human connection, our Wellness Navigator can help you uncover what programs and referral paths are available to you. We also offer free biometric screenings to track your health journey's progress. [Click here to make an appointment.](#)



## FREE HEALTH COACHING

Our Health Coaches guide you through creating a personalized wellness vision and plan for your health and well-being. We focus on the pillars of health, including movement, nutrition, stress management, sleep, and more. We help employees develop a holistic approach to improve health metrics and overall quality of life. Our Health Coach will focus on what is important to you, supporting you to break through barriers and empowering you to find your greatest potential. [Click here to schedule your first appointment!](#)



## FREE MEDICAL FITNESS

We see movement as essential to everyone, especially during major health events. Augusta Health's Medical Fitness Program is designed for patients who need guidance to start a safe exercise routine and healthy lifestyle. **Email [WellTogether@augustahealth.com](mailto:WellTogether@augustahealth.com) for a referral.**



## NUTRITIONAL HEALTH & EDUCATION

This program serves patients with diabetes and/or with a BMI greater than 40, or BMI of 35 or greater in conjunction with other co-morbidity. Through both individual evaluation and group education classes, patients receive the nutritional education and tools needed to better manage their medical conditions and to feel healthier. **Email [WellTogether@augustahealth.com](mailto:WellTogether@augustahealth.com) for a referral.**



## WEIGHT MANAGEMENT CLINIC

The Augusta Health Metabolic Weight Management Clinic provides comprehensive and compassionate structured weight management services. Dr. Jenilee Lawrence will perform a comprehensive metabolic and lifestyle evaluation to help patients obtain and maintain sustainable weight loss. She is skilled in the use of anti-obesity medications to help promote weight loss and maintenance if needed. Eligibility criteria: For patients with >30 BMI or >25 with three risk factors or metabolic syndrome. **Email [WellTogether@augustahealth.com](mailto:WellTogether@augustahealth.com) for a referral.**



## FOOD FARMACY PROGRAM

Augusta Health's produce prescription program, Food Farmacy, is a 12-week long program designed to improve participants' wellness through nutrition education, cooking demonstrations and free fresh fruits and vegetables. The goal of the program is to increase participants' knowledge about healthy eating & increase fruit and vegetable consumption. **Email [welltogether@augustahealth.com](mailto:welltogether@augustahealth.com) to ask about eligibility criteria.**



## FOOD PANTRY PROGRAM

The Augusta Health Food Pantry is available to patients and employees in need of food resources. Receive food pantry bags packed and selected by Augusta Health nutrition experts, shelf stable items along with fresh produce from the AMI Farm at Augusta Health is available. Hours of operation are Monday through Friday from 8-4. **If you need assistance contact Abby Calvert directly at 540-332-4987 or [AMCalvert@augustahealth.com](mailto:AMCalvert@augustahealth.com). If you would like to keep this service confidential please contact Sarah Martin at [welltogether@augustahealth.com](mailto:welltogether@augustahealth.com).**





## DIABETES PREVENTION PROGRAM

The Diabetes Prevention Program is a free program structured for adults who are at risk for diabetes with no previous diagnosis of diabetes. DPP is a year-long evidence-based lifestyle change program. **Email [WellTogether@augustahealth.com](mailto:WellTogether@augustahealth.com) for a referral.**



## FREE MENTAL HEALTH ASSISTANCE

The Employee Assistance Program (EAP) is a FREE and CONFIDENTIAL benefit that can assist you and your eligible family members with any personal problems, large or small. Team Members receive eight free counseling sessions per year for concerns such as depression, stress management, conflicts at work, family relationships, substance abuse, financial coaching and grief. **Visit [www.canopywell.com](http://www.canopywell.com)**



## NICOTINE CESSATION

Quit Now Virginia provides free information and coaching by telephone and via a digital dashboard to members who want to quit smoking or using nicotine. The sessions are offered by trained Quit Coaches; in combination with nicotine replacement therapy or medication prescribed by healthcare providers. This gives the patient the best chance of quitting. **Call: 1-800-784-8669 or visit [quitnow.net/Virginia](http://quitnow.net/Virginia)**



## LIFESTYLE MEDICINE PROGRAM

John Reed, MD, DipABLM is a board certified lifestyle medicine specialist and graduate of the University of North Carolina at Chapel Hill Medical School who enjoys helping motivated patients make intensive therapeutic lifestyle changes to get off medications and reverse chronic diseases when possible. The Lifestyle Medicine Program is an intensive lifestyle-change program focused on a whole plant-centered diet, exercise, and sleep. **Email [welltogether@augustahealth.com](mailto:welltogether@augustahealth.com) for more information or a referral.**

