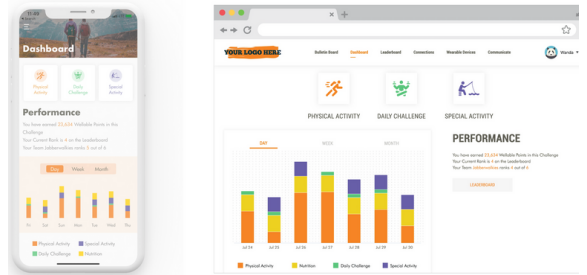


AUGUSTA WELL TOGETHER REFERRAL PROGRAMS

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](#) or email welltogether@augustahealth.com 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](#) or email welltogether@augustahealth.com 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!



HEALTHY HUDDLES

We encourage you to make wellness a standing agenda item in your department huddles! Are you looking for ways you can open-up dialogue about healthy lifestyles at work but not sure where to start? We can help! Our Board-Certified Health Coach and Personal Trainer can come to your department meetings to demonstrate office stretches, chair exercises, deep breathing exercises, stress management tips, and more! [Click here](#) to schedule today.



If other dates/times are needed outside of what is listed, please email WellTogether@augustahealth.com to coordinate a date and time!

FREE BIOMETRIC SCREENINGS

Fasting biometric screenings include checking for normal ranges or showing improvements in blood pressure, glucose, triglycerides, waist circumference and BMI. [Click here](#) to schedule your appointment.



FREE MEDICAL FITNESS TRAINING

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. [Click here](#) for more information and email WellTogether@augustahealth.com for a referral.



FREE NUTRITIONAL COUNSELING

All team members enrolled in an Augusta Health medical insurance plan will have access to free nutritional counseling services provided by a qualified dietician. Nutrition counseling involves receiving personalized, one-on-one dietary guidance and advice from a registered dietitian (RD) or registered dietitian nutritionist (RDN). [Click here](#) or email welltogether@augustahealth.com for plan limits and referrals.



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 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 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. *To maintain confidentiality, please contact Abby Calvert directly at 540-332-4987 or AMCalvert@augustahealth.com for assistance.*



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 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



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



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 for more information or a referral.

