

AUGUSTA WELL TOGETHER

REFERRAL PROGRAMS



PRIVATE CONSULTATIONS

Ready to improve your health but not sure where to start? Our Wellness Navigator can help you explore available programs and referrals. We also offer free biometric screenings to track your progress. [Click here](#) to schedule an appointment.



HEALTH COACHING

Our Health Coach helps you create a personalized wellness plan focusing on movement, nutrition, stress management, sleep, and more. We support you in improving health and quality of life, focusing on your goals and overcoming barriers. Click the links below to schedule your first [virtual](#) or [in-person](#) appointment!



FITNESS COACHING

Our fitness coaching program is designed to help you reach your fitness goals with personalized support every step of the way. Receive a personalized fitness plan, expert guidance, and ongoing support. Click [here](#) to sign up.



HEALTHY WOMEN'S AGING PROGRAM

As we age, our bodies change, and menopause can feel overwhelming. This program will help you navigate these shifts with confidence, focusing on exercise, sleep, stress management, and nutrition. [Click here](#) to sign up.

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HEALTHY HUDDLES

Make wellness a regular part of your department meetings! Not sure where to start? Our Board-Certified Health Coach and Personal Trainer can demonstrate office stretches, chair exercises, deep breathing, stress management tips, and more. Click [here](#) to schedule today!



FOOD FARMACY PROGRAM

Augusta Health's 12-week Food Farmacy program promotes wellness by offering nutrition education, cooking demos, and free fresh produce. The goal is to boost healthy eating and increase fruit and vegetable intake. Email welltogether@augustahealth.com for eligibility details.



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.



MEDICAL FITNESS TRAINING

Augusta Health's Medical Fitness Program helps patients begin a safe exercise routine and healthy lifestyle. For more info email WellTogether@augustahealth.com.

(Physician Referral Required.)

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NUTRITIONAL COUNSELING

All Augusta Health insurance plan members can access free nutrition counseling services with a certified dietitian. For details on plan limits or referrals, [click here](#).



FOOD PANTRY PROGRAM

The Augusta Health Food Pantry offers food to patients and employees in need, including pantry bags with shelf-stable items and fresh produce from the AMI Farm. It is open Monday through Friday, 8 AM to 4 PM. For confidential assistance, contact Abby Calvert at 540-332-4987 or AMCalvert@augustahealth.com.



MENTAL HEALTH ASSISTANCE

The Employee Assistance Program (EAP) is a free, confidential benefit for you and your family. It offers 8 free counseling sessions per year for issues like stress, depression, work conflicts, family problems, substance abuse, finances, and grief. Visit www.canopywell.com for more information.



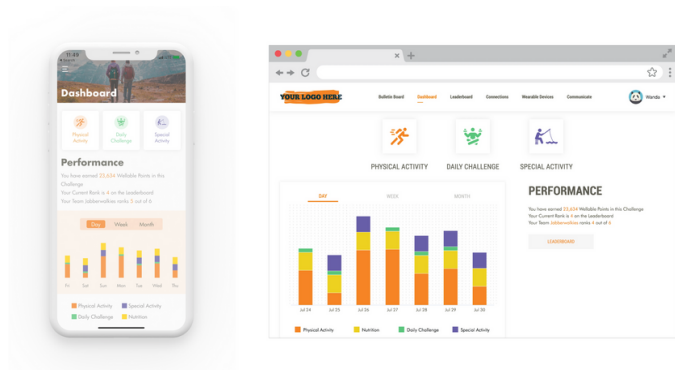
NICOTINE CESSATION

Quit Now Virginia offers free coaching by phone and online to help you quit smoking or using nicotine. Sessions with trained coaches, along with nicotine replacement therapy or prescribed medication, give you the best chance to quit. Call 1-800-784-8669 or visit quitnow.net/Virginia.

Our [Health Coach](#) can also support you during your nicotine cessation journey

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WELLABLE ASSISTANCE

Schedule an appointment today to get the most out of your Wellable app! Need help setting it up, understanding the points system, or tracking progress with a wearable? We're here to assist! [Click here](#) to book your appointment.