

Weight Loss Opportunities and Resources Recommended by CHS LiveWELL

Title	Program Details	Program Cost
CHS LiveWELL Wellness Specialists	Available to provide support and direct you to appropriate resources. Call 704-355-8136 for the specialist near you. http://livewell.carolinashealthcare.org/wellness-specialist	Free to all Teammates
Health Coaching for Weight Management	Individual coaching via phone 1-855-438-0013 (toll free). Online scheduling is also available through your Total Health Portal. Complete the Health Survey prior to making your first coaching appointment. CHS LiveWELL health plan participants may earn \$100 LiveWELL incentive.	Free to all Teammates
Workplace Weight Loss Challenge	If your team is looking to do a weight loss challenge check out this toolkit as a great resource to help you get started: http://livewell.carolinashealthcare.org/workplace-healthy-weight-challenge	Free to all Teammates
CHS LiveWELL Resources	Check out the CHS LiveWELL website for helpful resources such as menus, food journals, walking routes at various CHS facilities, upcoming activities and event, and even fitness classes. (Teammates must bring present their badge at classes and complete a waiver)	Free to all Teammates
eXtras!	Check out the Health and Fitness section of eXtras! on PeopleConnect for discounts on gym memberships, health and wellness programs, and products.	Discounts
Medical Nutrition Therapy with Registered Dietitian	Up to 6 free nutrition counseling sessions. Appropriate referral required from your physician or from an CHS On-Site Care provider who completes your Lab Results Review visit following a Know Your Numbers biometric lab draw	Free to all Teammates covered by Medcost Health Insurance with appropriate referral
Carolinas Weight Management Program	Providers offer a variety of services, surgical and non-surgical, to help with weight management 704-355-9484 www.carolinasweightmanagement.org	Varies depending on insurance
Diabetes Center Programs	Partner with one of the CHS Diabetes Care Centers to safely improve your overall health and weight. There are a variety of offerings and locations to take advantage of: Carolinas Diabetes Center- call 704-446-2320 CHS-NorthEast Diabetes Center- call 704-403-3543 CHS-University Diabetes Program- call 704-863-5713	Varies depending on insurance
Cabarrus Cannon YMCA	Become a member at the Cabarrus YMCA's. You can join one (or all 3) and take advantage of the swimming pool, fitness center, aerobics classes, and much more. Pathway to Wellness program is available for healthy lifestyle change. Call 704-795-9622 for more information.	15% discount for teammates and their families
Weight Watchers®	Supportive meetings, eating plans, weekly weigh-ins, multiple community locations to choose, and online tools to help you meet your weight loss goals. Go to www.weightwatchers.com for information	Varies depending on the program of interest

