

RISK MANAGEMENT PARTNERS LLC

Healthcare Solutions That Work

Programs Offered by RMP's Wellness Coach

1. **Nutrition 101**: What foods should I emphasize at home? What are the components of a healthy snack? What about the vitamin craze? Does it take a lot of money to eat right?
2. **Weight Matters**: What is body mass index (BMI) and how should I evaluate it? Do diets work? How can I make good decisions at work so that I don't gain weight? Are there ways to lose weight that last?
3. **Stress**: How does it manifest itself? What if I feel tense or tired or have a physical pain that I cannot explain? What decisions can I make to control stress when I have no extra time?
4. **Exercise**: How much do we really need? What are my options when I hate to run and don't own a treadmill? When can I do it if I work fulltime?
5. **Diabetes**: Why is it on the rise? What are the early signs of the disease? Are our children at risk? How can I read labels and will that help me make good choices?
6. **Cardiovascular Disease**: How can I take my pulse and what does it mean? If high blood pressure runs in my family, how can I best control it? What is saturated fat and how does that contribute to this disease? Are there signs for being at high risk that I should watch for?
7. **Osteoporosis**: When should I get a bone-density test and what does it measure? Will vitamins help me strengthen my bones? What types of exercise will help with bone strength? Are men and women equally afflicted with bone loss? Does family history matter? What about smoking?
8. **Body Mechanics**: How can I prevent injuries when I work with heavy equipment? Is there a suggested chair height and computer distance at the workplace? Learn simple ways to ease the strain on the job.
9. **Balance**: How can I make time for myself when I have a family? Learn about the importance of creating personal time in building a stronger, happier family and being a more productive employee.
10. **Schedule of Tests**: What are the important lab tests and examinations to have? When should I get them? Learn *how* to coordinate the care needed for yourself and your family, and how *not* to be intimidated by the medical community. You will walk away feeling empowered and in control of your healthcare decisions.