Curb Your Cholesterol

Evidence shows that self-monitoring programs performed at home, and shared with your doctor, can help decrease cholesterol levels to improve your overall health. As part of an effort to improve outcomes for those at risk for diabetes and heart disease, we offer a Self-Monitoring Cholesterol program to aid in the reduction of cholesterol levels.

This program will help give you the tools to improve your cholesterol numbers. The 12-week schedule is geared for people ready to actively work on making small lifestyle changes that can impact your lipid levels. Through weekly phone coaching sessions, you will work with a nurse to learn the basics of cholesterol, what your lipid numbers mean and a process to help you to begin to make real changes. The program is based on resources form the American Heart Association and the book Living a Healthy Life. Participants will be asked to complete a small amount of reading in the first few weeks.

Program participants will receive:

- The book Living a Healthy Life
- American Heart Association (AHA) "My Cholesterol Guide: Take Action! Live Healthy!"
- Help setting goals that meet each individual’s health needs
- Nurse coaching on healthy lifestyle changes
- Tools needed to work with one’s health care provider on cholesterol management
- A review of medications with a pharmacist as part of our Medication Therapy management program

Participants in this 90-day program:

- Will meet once a week with their registered nurse for coaching and to gain a better understanding of how lifestyle choices impact their cholesterol levels.
- Are expected to set and meet goals for cholesterol reduction based on the person’s individual needs by the end of the program.
- Are expected to work closely with their primary care physician to review cholesterol results as well as medications.
- This program is ideal for those diagnosed with high cholesterol levels or other heart-related conditions.

To learn more about this program, individuals may call our Helpline at 866.474.5230
Diabetes Prevention

At our agency, we know prevention is a critical piece of the puzzle of health and wellness, and, because of that, we remain focused on helping the one in three American adults with prediabetes avoid a Type 2 diabetes diagnosis. Our program offers both expert and peer support as individuals strive to make healthy lifestyle changes. Preventing a Type 2 diabetes diagnosis is not only in the best interest of the individuals we serve and their families, but also important for the healthcare system as a whole. Our team has adjusted our programs for an online opportunity from home.

**Dodge Diabetes** is a Group Lifestyle Balance Program™ taught by GLBP certified nurse coaches that follows curriculum approved by the CDC National Diabetes Prevention Program.

- A total of 26 classes will be held throughout the year. Classes will be held in person or via Zoom. Contact us for updated information as to current status of classes.

- For the first four months, the class meets every week, and then once a month for the remainder of the year. **This class helps you make lasting changes to prevent or delay Type 2 diabetes and lower your risk of heart disease.**

- Participants learn the skills needed to lose weight, be more physically active and manage stress while receiving the support needed to stay motivated.

- There is an opportunity for continued support at the completion of the 12 months.

- The cost of this program to participants is $85 for the full 12-month program.

To learn more about any of these programs, individuals may call our Helpline at 866.474.5230.
Better Beats Heart Disease prevention programs

Evidence proves that measuring blood pressure at home and sharing that information with your doctor improves blood pressure control. As part of an effort to improve outcomes for those at risk for diabetes and heart disease, VNA Community Healthcare & Hospice offers a Self-Monitoring Blood Pressure program to aid in the reduction of blood pressure and the prevention or treatment of heart disease.

Our SMBP program provides instruction on how to measure blood pressure at home and keep a diary of readings. For the duration of the program, which is offered both as a short-term 2-week program or a longer 90-day program depending on the needs of the individual, participants are coached by a VNACHCH registered nurse on heart-healthy lifestyle changes, including diet and exercise. Individualized goals are set for each participant.

Program participants receive:

- Education on how to use SMBP equipment (loaned to the participant by VNACHCH) to measure blood pressure at home
- Help setting goals that meet each individual's heart health needs
- Nurse coaching on heart-healthy lifestyle changes
- Access to education sessions that offer more comprehensive information on factors that could impact blood pressure
- Tools needed to work with one's health care provider on blood pressure management
- A review of medications with a pharmacist as part of our Medication Therapy Management program (90-day program)

Participants in the 2-week program meet twice weekly with their registered nurse for coaching and to gain a better understanding of how lifestyle choices impact their blood pressure. This program is ideal for individuals who have just been discharged from a hospital or telemonitoring program and want to make sure their blood pressure remains in check, or for those who know they are at risk for high blood pressure, hypertension or heart disease and want to gain a better understanding of their heart health and their blood pressure numbers.

Participants in the 90-day program have regular coaching sessions with their registered nurse and are expected to meet goals for blood pressure reduction set based on the person's individual needs by the end of the program. Participant's are expected to work closely with their primary care physician to review blood pressure results as well as medications. This program is ideal for those with diagnosed high blood pressure or uncontrolled high blood pressure, high cholesterol, hypertension or other heart-related conditions, as well as those who feel after the 2-week program they could benefit from longer-term access to nurse coaching. The participant's coach will do a monthly check-in to review current blood pressure trends and provide continued coaching for the subsequent three months with a final check-in call six months after the start of the program.

To learn more about any of these programs, individuals may call our Helpline at 866.474.5230.