

JUMPSTART YOUR HEALTH

with Group Lifestyle Balance™

Edward-Elmhurst Health Employee Wellness Program



What is Jumpstart Your Health?

Jumpstart Your Health is a year-long lifestyle change program designed to help people lose weight, increase activity and prevent disease. Jumpstart Your Health utilizes Group Lifestyle Balance™, a research-based curriculum that helps individuals make lasting lifestyle changes to prevent diabetes, cardiovascular disease and develop healthy lifestyle habits.

What to expect

- ▶ Virtual, one-hour group classes with a registered dietitian/trained lifestyle coach
- ▶ 22 total classes over the one-year program (beginning weekly, then tapering to monthly)
- ▶ Education on nutrition, physical activity and behavior modification
- ▶ Self-monitoring of weight, food and activity
- ▶ A trained lifestyle coach to help guide and encourage you
- ▶ Support from other participants with the same goals as you

Are you a candidate?

You must be an EEH employee (regardless of whether enrolled in an EEH medical plan), or spouse/civil partner enrolled in an EEH medical plan with the following requirements:

- ▶ Body Mass Index (BMI) of 25 or greater
- ▶ Plus one additional risk factor in your medical history:
 - ▶ high triglycerides
 - ▶ high cholesterol
 - ▶ high blood pressure
 - ▶ pre-diabetic or elevated blood glucose levels
 - ▶ history of gestational diabetes
 - ▶ family history of cardiovascular disease or diabetes
 - ▶ physically active fewer than three times per week

The Group Lifestyle Balance Program is an evidence-supported adaptation of the original Diabetes Prevention Program (DPP) of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health (NIH).

How much does it cost?

The one-year program is being offered at no charge to eligible employees and spouses/civil partners enrolled in an EEH medical plan.

When are classes?

Virtual classes are offered at the following times:

- ▶ Wednesdays, 10-11 am
- ▶ Wednesdays, 7-8 pm
- ▶ Thursdays, 4-5 pm

Class start dates will be determined once minimum class participation is reached.

My Healthy Driven - Employee Wellness Program

Participants can earn up to 1,000 My Healthy Driven points for completing the one-year program. Details are as follows:

My Healthy Driven Points

- ▶ 500 points will be awarded for those that attend 11 out of 16 classes in the first six months of the program. These points will be applied towards the 2021 calendar year.
- ▶ An additional 500 points will be awarded for those that attend six out of six classes in the final six months of the program. These points will be applied towards the 2022 calendar year.

My Healthy Driven Deadlines

- ▶ Level 1: Kickstart 1,000 points
 - ▶ Medical Plan participants December 1, 2021
 - ▶ Non-Medical Plan participants December 31, 2021
- ▶ Level 2: Driven 2,100 points
All participants December 31, 2021
- ▶ Level 3: Turbo 3,500 points
All participants December 31, 2021
- ▶ Log in to edwardelmhurst.adurolife.com to view any additional requirements to reach a My Healthy Driven Level.

How to sign up

Registration is required. To sign up, contact EEH class registration at **(630) 527-6363**. For questions about the program, email jumpstart@eehealth.org.