

Prevention Partners



Programs and Services



South Carolina Budget and Control Board
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Health Promotion: Weight Management and Physical Activity Programs



Move It or Lose It:

A one-hour presentation on the importance of physical activity and the three fitness components: cardiovascular health, strength training and flexibility. Participants learn why these three fitness components are important in the prevention and/or management of weight and chronic conditions such as hypertension, hyperlipidemia, pre-diabetes and diabetes. The session ends with the group participating in a three- to five-minute exercise session that covers the three fitness components.

Desk Top Fitness:

This program focuses on healthy office ergonomics. The 45-60 minute workshop will teach participants how to prevent problems in the neck and back as well as address carpal tunnel syndrome. Participants learn about the importance of proper posture; the effects of twisting, slouching, etc.; and a few exercises that can be done during short breaks that will enhance performance and productivity.

Weight Loss Skills:

This workshop covers the biology and science of weight gain and loss, the mechanism of fat metabolism, nutritional and caloric needs, exercise and meal planning skills. This program includes personalized caloric need assessments, nutritional guidance, exercise instruction and web-based tools that allow participants to develop their own personalized weight loss plan. Prevention Partners offers three delivery models suitable for all subscribers. The three models are:

- One-time Weight Loss Skills Workshop – 2½ - 3 hours
- A three week “Lunch and Learn” series of sessions lasting an hour each
- Six-week Weight Loss Competition

Chronic Health Conditions Programs



Healthy Heart:

This three-hour workshop requires a minimum of 20 and is limited to 50 participants. A box lunch is provided. The workshop covers:

- Know Your Numbers – This session provides information on cardiovascular disease risk factors including hypertension, high cholesterol and triglycerides, obesity, diabetes, a sedentary lifestyle and smoking.
- Medication Management – This session addresses drugs for treating hypertension and high cholesterol as well as potential interactions of hypertension drugs, cholesterol drugs and/or herbal supplements.
- Healthy Nutrition – This session teaches modification of diet to normalize blood lipid levels, reduce obesity and decrease severity of hypertension complications.

Half-day Session on Diabetes:

This workshop is two to three hours long and covers:

- Introduction to Diabetes – What are the different types and symptoms of diabetes?

- Nutrition and Diabetes – This topic includes reducing sugars, sodium and fats in the diet; healthy food choices; grocery shopping and healthy cooking.
- Physical Activity and Diabetes – Why is physical activity important and how can it prevent or reduce complications of diabetes and cardiovascular risk? Participants will also do a few minutes of light physical activity and stretching.
- Where do we go from here? – This session covers the psychosocial aspects of living with diabetes and how to cope with the changes and challenges involved. Each participant is invited to share one change they wish to make in their lives.

Living With Diabetes:

This one-day session includes a box lunch and covers the following topics:

- Introduction – What are the different types and symptoms of diabetes?
- Your Kidneys For Life – How to protect your kidneys from renal failure if you have diabetes or hypertension.
- Diabetes ABCs – Why is it important to know your hemoglobin A1C, cholesterol and blood pressure, and how do these affect your diabetes?
- Know your Risk Factors – How do cardiovascular risk factors such as hypertension, high cholesterol, weight and smoking relate to diabetes?
- Medications and Monitoring – This is an overview of the various diabetes medications (pills and/or insulin); blood pressure and cholesterol medications (statins) and nutritional and herbal supplements.
- Physical Activity and Diabetes – Why is physical activity important, and how can it prevent or reduce complications of diabetes and cardiovascular risk? Participants will also do a few minutes of light physical activity and stretching.
- Nutrition and Diabetes – This topic includes reducing sugars, sodium and fats in the diet; healthy food choices; grocery shopping and healthy cooking.
- Where do we go from here? – This session covers the psychosocial aspects of living with diabetes and how to cope with the changes and challenges involved. Each participant is invited to share one change they wish to make in their lives.

Note: There is no charge for the preceding workshops which are open to all subscribers including retirees as well as their spouses and dependents.

Club Sugar Diabetes Conference Series:

Club Sugar Diabetes Conference Series consists of three 3 hour educational classes offered every other month, between 11 a.m. – 2 p.m. The following format was developed to improve attendance, reduce workplace disruptions and maximize convenience of the attendees. A commitment of a minimum of 20 to a maximum of 30 participants is required.

Session 1:

- Health Screening – Measures weight, waist circumference, total cholesterol, HDL cholesterol, LDL cholesterol, triglycerides, blood sugar and hemoglobin A1C.
- Introduction to Diabetes – What are the different types and symptoms of diabetes?
- Know your Risk Factors – This topic covers cardiovascular risk factors such as hypertension, high cholesterol, weight and smoking relate to diabetes.
- Diabetes ABCs – Why is it important to know your hemoglobin A1C, cholesterol and blood pressure, and how do these affect your diabetes?

Session 2:

- Physical Activity and Diabetes – Why is physical activity important and how can it prevent or reduce complications of diabetes and cardiovascular risk? Participants will also do a few minutes of light physical activity and stretching.
- Nutrition and Diabetes – This topic includes reducing sugars, sodium and fats in the diet; how to count carbohydrates, healthy food choices; grocery shopping and healthy cooking.

Session 3:

- Health Screening – A second screening, similar to Session 1, will help participants see the progress they have made over the course of the series.
- Medications and Monitoring – This is an overview of the various diabetes medications (pills and/or insulin); blood pressure and cholesterol medications (statins) and nutritional and herbal supplements.
- Where do we go from here? – This topic includes psychosocial aspects of living with diabetes and how to cope with the changes and challenges involved. Each participant is invited to share one change they wish to make in their lives.

Note: There is a one-time, \$15 charge for the entire series and lunch is provided at each session.

Something In the Air:

Something in the Air is a workshop that addresses adult and childhood asthma and allergies. The workshop covers:

- How do the lungs work?
- What are asthma and other lung diseases/conditions (COPD, bronchitis, etc.)?
- What are allergies and allergens?
- What triggers an attack?
- What various treatments are available?
- What management plan can patients follow to decrease likelihood of physician or emergency room visits?
- How can lifestyle, nutrition and environmental factors influence asthma and allergies positively and negatively?

Tobacco Cessation

The State Health Plan and BlueChoice Health Plan HMO offer the Quit for Life® Program to subscribers and their covered dependents. A professionally trained Quit Coach works with participants to create a personalized quit plan. Participants may call the Quit for Life toll-free support line as often as needed. They will receive a comprehensive Quit Guide and five telephone calls from a Quit Coach. The program provides free nicotine replacement therapy (nicotine patches, gum or lozenges), or the Quit Coach may recommend a visit to a doctor to find out if a smoking-cessation drug, such as bupropion or Chantix, is necessary. The prescription drugs are available through the prescription drug benefit. Participants can re-enroll if additional help is needed after the 12-month program ends.

CIGNA HMO's Quit TodaySM Tobacco Cessation Program helps subscribers quit smoking or chewing tobacco. This 12-month program includes unlimited calls to a coach, an optional telephone relapse support group and over-the-counter nicotine gum or patches, if appropriate.

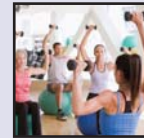
Early Detection



Workplace Screening

The preventive tests offered in a workplace screening can detect risk factors for developing hypertension, diabetes and anemia. Anyone can coordinate a workplace screening. The screening is available for only a \$15 copayment. It is available to state employees, retirees, and covered spouses whose primary insurance coverage is the State Health Plan (Savings Plan or Standard Plan), BlueChoice HealthPlan HMO or CIGNA HMO.

Lifestyle Programs



Stress Management

The seminar addresses key components to help participants understand what their stressors may be and how to successfully cope. This is a fun workshop that teaches lifetime skills to manage stress.

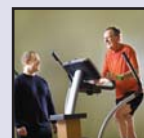
Geriatric Care: Caregiving

The seminar is designed to give participants an overview of some of the most important components of caregiving and geriatric care planning issues, worst-case scenarios and strategies.

Cognitive Health

The seminar is designed to provide examples and skills-building exercises that can assist in maintaining one's cognitive health. Cognitive health refers to skills such as learning, memory, decision-making and planning.

Incentive Programs



Incentive Programs are self-paced programs that are conducted at the workplace either by the Prevention Partners Worksite Coordinator or a co-worker. The program includes all the information the coordinator needs to implement the program and guidelines on how to make the program elaborate or simple. The four self-paced incentive programs available online are:

- **The Challenge:** A four-week, incentive-point program providing light competition between participants by allowing them to earn points for all the activities in the program and for some of their own choosing.
- **Fall Into Fitness:** A fun, easy, four week, incentive exercise program. The goal of the program is to get as many people in your workplace as possible involved in aerobic exercise.
- **The Great Weight Maintenance Marathon:** A holiday-based incentive program that starts before Thanksgiving. The primary goal is to assist participants to either lose weight or maintain a healthy weight during the holidays.

- **Health for the Holidays:** For many, Thanksgiving sets the tone for the entire holiday season. Health for the Holidays helps participants plan for and react to the change in routine and assists them in maintaining a healthy lifestyle while enjoying the holidays.

BlueCross BlueShield Programs:



Health Management Program

A confidential program offered to Standard Plan and Savings Plan subscribers and their covered family members who have diabetes, heart disease or chronic respiratory conditions. BlueCross BlueShield selects participants by reviewing medical, pharmacy and laboratory claims. A registered nurse is available to answer health-related questions. The program is phone-based. The program assists individuals to:

- Assess individual health and develop a personalized care plan
- Provide understanding in relation to participant's health condition, risk factors and treatment options
- Provide customized educational mailings related to medication and health issues
- Refer participants to community and national resources
- Help participants better understand and manage their health

Weight Management Program

The BlueCross Weight Management program is designed to help participants achieve weight-loss goals through small changes. Participants receive a weight management guide and a tool kit, including a grocery guide, a pedometer and a book that will assist with Food Awareness Training. A confidential survey will help a registered nurse tailor the program to meet each individual's needs. Program candidates are identified through claims analysis, authorizations, doctor referral or self-referral.

Personal Health Assessment

An online Personal Health Assessment (PHA) is available to State Health Plan subscribers who are 18 years and older. The survey asks questions in nine categories and then provides a wellness score based on the responses. It enables participants to evaluate their health and gives suggestions for lifestyle changes. Participants can print their PHA results and recommendations.

Natural BlueSM

Natural Blue is a discount program available to State Health Plan subscribers and offered by BlueCross BlueShield. The program has a network of licensed acupuncturists, massage therapists and fitness clubs that may be used to lower fees. Some offer as much as a 25 percent discount. Natural Blue also offers discounts on health products such as vitamins, herbal supplements, books and tapes.