



Healthy Lifestyles Program*

**Must be a Highmark member*

Are you ready for a healthy lifestyle?

WE can help!

This Highmark Healthy Lifestyle Pilot Program participation requires that you will:

- complete a personal investment contract
- sign an informed consent and release waiver*
- attend 4 Personal Nutrition Coaching visits within 1 year of beginning the program
- attend 3 Personal Fitness Coaching visits within 3 months of beginning the program
- receive one month FREE membership to The Wellness Extension (WE) for each fitness coaching visit (maximum free months = 3)
- complete a Physical Activity Readiness Questionnaire (PAR-Q)*
- participate in two health screenings that include:
Fasting blood glucose, 3-month average glucose, and lipid testing
Waist/hip measurements and body fat composition
Exercise efficiency testing

**a release from your physician may be required based on your health history*

FREE of charge to all Highmark Members

What is Personal Nutrition Coaching (PNC)?

PNC is a personalized diet and nutrition program designed by a registered dietitian that addresses your individual needs. PNC is available for adults and children. This program is offered free of charge exclusively to Highmark members. Highmark members may participate in seven PNC visits annually.

What is PNC with Personal Fitness Coaching (PFC)?

PFC is a personalized exercise program designed by an exercise specialist that addresses your individual needs. PNC with PFC is available for adults only. This pilot program is offered free of charge exclusively to Highmark members. Highmark members may participate in a total of seven visits (four PNC plus three PFC visits).

Call to schedule your initial PNC appointment and health screening today!
Meadville Medical Center's Wellness Extension 814-724-2348

*Mind-Body Wellness Center 18201 Conneaut Lake Road, Meadville, PA 16335 814-333-5061 Fax 814-333-5067
Wellness Extension 11031 Perry Highway, Meadville, PA 16335 814-724-2348 Fax 814-373-3030*