



## RX: Health Literacy and e-Health Coaching

*Heart disease and diabetes are complex conditions that require more information than can be obtained from the brief time you spend with your doctor. Knowing Your Heart (and Knowing Your Diabetes) is a **health literacy** program. Using the principles of **motivational interviewing**, this program is designed to help you learn about 8 different components of heart disease (and diabetes) prevention.*

These components are called the **VERBS**, because they are all action oriented and include:

**Knowing:** Learn about the heart and how it works.

*Topics include: The Pumping Station – The Power Supply – The Electric Company*

**Checking:** Learn about diagnostic and screening tests

*Topics include: The Stethoscope – The Microscope – The Telescope*

**Healing:** Learn about treatments

*Topics include: Medical Management – Surgical Treatment – Lifestyle Modification*

**Moving:** Learn about exercise and physical activity

*Topics include: Aerobic – Resistance training – Physical activity*

**Feeding:** Learn about nutrition and eating habits

*Topics include: Fat intake – Carbohydrate intake – Sodium intake*

**Trimming:** Learn about weight management

*Topics include: Energy balance – Intuitive eating – Eating habits*

**Minding:** Learn about stress management

*Topics include: Stress Management – Emotions - Relaxation*

**Cleansing:** Learn about behavior change

*Topics include: Smoking cessation – Behavior - Motivation*



<p><b>What does the program include:</b></p> <ul style="list-style-type: none"> <li>• Access to weekly educational topics</li> <li>• A weekly webinar to discuss the weekly topic</li> <li>• Personalized health coaching, emphasizing motivation, accountability and achievement of your goals</li> <li>• A secure site to track goals and action plans</li> </ul>	<p><b>Pricing information:</b></p>
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