



If you think you may be at risk for one of these conditions, you should speak to your physician. Take this brochure to your next physician visit to find out if you are eligible for the LifeSmart program or call **1-866-328-8389** for more information.

Results

Through the success of the LifeSmart program, a majority of participants achieved their weight loss goals and learned how to make healthier lifestyle choices. Most program participants also increased their physical activity level and made exercise a part of their everyday lives.

A Nationwide Epidemic

An estimated 51 million people in the United States have prediabetes or metabolic syndrome.

Poor lifestyle choices such as overeating and being physically inactive may lead to prediabetes. Metabolic syndrome includes multiple risk factors that can put you at risk for developing type 2 diabetes, heart disease, and other conditions that can lead to premature death.

Left unmanaged, these conditions can be very harmful to your health.



Key risk factors for prediabetes and metabolic syndrome include:

- Overweight
- Inactive lifestyle

UPMC Health Plan Presents

HERITAGE VALLEY
LIFESMART

An Intervention Program for People at Risk
for Developing Diabetes



Uniquely Connected. For life.SM

HERITAGE VALLEY
HEALTH SYSTEM

1-866-328-8389

www.heritagevalley.org

UPMC HEALTH PLAN

One Chatham Center
112 Washington Place
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UPMC HEALTH PLAN

Lifestyle Intervention Programs Offered by LifeSmart

The good news: Diabetes can be prevented!

If you have been identified as being at risk for diabetes, it is very important that you maintain a healthy weight and an active lifestyle. Making the right lifestyle choices can be challenging. The LifeSmart program can help.

What Is LifeSmart?

LifeSmart is a diabetes prevention program that is offered through a partnership between UPMC Health Plan and Heritage Valley Health System. It provides healthy lifestyle programs for adults within the Heritage Valley Health System community who have been identified as having prediabetes or metabolic syndrome.

LifeSmart works with your personal physician to help you lead a healthier lifestyle that can possibly prevent diabetes. Best of all, this program is available at no cost to you.*

LifeSmart offers a variety of programs. Together, you and your physician will determine the program that best meets your particular needs. Your physician will complete a referral form to enroll you. A representative from the LifeSmart program will then contact you with more information.

LifeSmart Program Components

Group Lifestyle Balance

The Group Lifestyle Balance (GLB) Program is based on highly successful lifestyle methods used in a large national study known as the Diabetes Prevention Program. This program has been modified by faculty from the Diabetes Prevention Support Center of the University of Pittsburgh Diabetes Institute and will help you:

- Make healthy food choices
- Increase physical activity
- Develop problem solving skills

The program consists of 12 one-hour sessions, plus one session per month over the following 3 months. The program educator will work with you to determine if you are ready to make some changes in your life and set some personal goals.

Individual Nutrition Education

The Individual Nutrition Education program is for individuals who do not qualify for or are unable to participate in the Group Lifestyle Balance program.

This program includes five sessions scheduled over a six-month period. A registered, licensed dietitian will help you set nutrition goals that meet your health needs and fit your lifestyle.

Your first visit includes a review of your nutrition habits. The dietitian will explain the reason for nutrition education and will help you develop a nutrition care plan that will include:

- Nutrition counseling
- Lifestyle education
- Setting short- and long-term goals related to eating and exercise behaviors
- Follow-up plan to track your progress

Smoking Cessation Classes

MyHealth Ready to Quit™ is a science-based program adapted for use by Heritage Valley Health System. This program includes six weekly group sessions led by a smoking cessation counselor. The right strategy can help you quit for good — no matter how many times you've tried to quit in the past.

Exercise and Fitness Offers

Physical activity is good for lifelong well-being. It improves your health, boosts your energy, and helps you sleep well. As a member of the LifeSmart program, you can take advantage of special offers through participating exercise and fitness facilities.*

For more information or a complete list of participating facilities, call Heritage Valley Health System's Community Health Services at **1-866-328-8389**.

Extra Benefits for UPMC Health Plan Members

As a member of UPMC Health Plan, you have access to more health-related benefits, at no cost to you.*

MyHealth Ready to Quit™ Line

Telephone health coaching is available for UPMC Health Plan members who want to quit smoking. Contact a health coach at **1-800-807-0751**. Health coaches are ready to answer your questions, offer support, and guide you through the quitting process. Together, you and a health coach create a personalized quit plan that makes sense for you.

MyHealth OnLine

As a UPMC Health Plan member, you have access to MyHealth OnLine, an easy-to-use Internet-based member service center. MyHealth OnLine allows members to learn more about health management programs, access education tools, and review a variety of medical information. This online service is available 24/7 through **www.upmchealthplan.com**.

MyHealth Questionnaire

This comprehensive online survey provides you with important information about your health and identifies areas for improvement. This easy-to-use online assessment, available exclusively to UPMC Health Plan members through MyHealth OnLine, provides immediate feedback. In just 20 minutes, you'll learn if you may be at risk for certain health conditions. To access the MyHealth Questionnaire, visit **www.upmchealthplan.com**.

Healthy Living Rewards Discount Program

UPMC Health Plan members are automatically enrolled in this program that offers discounts at many businesses that encourage a healthy lifestyle. For a list of participating retailers, visit **www.upmchealthplan.com**.

**Please note that there may be a cost for the exercise and fitness services and other costs such as office visit copayments, depending on your insurance plan.*

Success Stories

Hear what past program participants have to say about the LifeSmart program and how it has impacted their lives.

"I cannot tell you how wonderful I feel after the weight loss I achieved by participating in the program. I have learned new ways to eat and exercise!"

"I have been on countless diets and have never been as successful as I have since my enrollment in the program. Each class was so very helpful. The dietitian gave us so many wonderful ideas."

"Not only did I achieve my weight loss goal, but I also feel wonderful. My cholesterol is back to normal. I can take steps without getting short of breath!"

