



Living Well Alliance™

Empowering Employee Health around Puget Sound



Living Well Alliance Mission

The mission of the Living Well Alliance (LWA) is **to offer research-based health risk assessments and preventive programs for employees and community members, tailored to each organization's needs.** LWA can be your primary wellness program, or a supplement to it, with in-person classes, live webinars, yoga workshops, on-site biometric screenings, and as a vendor at your health fair, providing an interactive booth space and activity suggestions.

The Living Well Alliance aims to support your staff in living healthier lives, which also can benefit your bottom line.



What You Can Expect

The Living Well Alliance (LWA) offers consultations on your wellness program, as well as a range of complimentary and fee-based programs you can use to boost your employees' health and morale.

Free Program Consultations

LWA is happy to meet with your wellness coordinator/team to discuss your current wellness program's structure and offerings. We will offer expertise, insight and suggestions to improve your program to better support your employees' wellness goals and needs. If desired, we can supplement your current program with one of our complimentary or fee-for-service programs.



Complimentary Programs

Comprehensive Biometric Health Screening

Performed by qualified health professionals, the screening includes

blood pressure, type 2 diabetes risk assessment, weight, waist circumference and body mass index. All our screens are confidential and take about 15 minutes per participant in total. We find that health screenings are paramount to the understanding of each participant's health risk factors.

- Results provided to each employee immediately following assessment. Employee will review and briefly discuss this data with our registered nurse or dietitian.
- Summary of the aggregate results will be provided to the coordinator if participation exceeds 20 participants. If you are a returning partner, we will compile and compare data from year to year as an additional tracking tool.
- Specific and individualized follow-up wellness programs and classes are recommended based on the general trends of your employees. *Solutions tied to results can lead to wellness successes!*

Health Fair Exhibitor

We will host a table at your company's health fair, providing health education materials tailored to your employees. We also will give visual nutrition demonstrations and have giveaways for your employees (as available). Benefits include creating awareness and educating participants about common health conditions and how to prevent them, and sharing information about medical services resources to get the care they need.

Fee-for-Service Programs

Take a Break to Educate (TABTE) Classes!

These on-site classes provide up-to-date, research-based education focused on health promotion and disease prevention. All classes are taught by qualified health professionals who are experts in the community. *Try us out—one class is complimentary each year!*

- **Option 1: Singular TABTEs**\$249/class
 - Classes are in person and last 45-60 minutes.
 - Encourage employee interaction and participation.
 - Cooking classes on any subject. (Food cost is additional. Not available as annual free class.)
- **Option 2: Class packages**\$555/series
 - Choose any 3 classes offered and schedule them within one year.

Webinars

- **Host a live webinar**.....\$150/each
 - Want to offer a virtual wellness class at a variety of locations or just for the convenience of your busy staff? Request a live webinar on any topic or date you choose!
- **Subscribe for one year to 12 monthly webinars**.....\$555/year
 - With this subscription, employees can listen to a live 30-minute, wellness-themed webinar by a health professional each month. All organizations subscribed will receive the complimentary recording to provide to their community after the live broadcast. Prorated pricing available if you book just one per quarter or one at a time.

~See following pages for TABTE class and webinar topics~

Wellness Labs: On-site labs are drawn by a trained and licensed phlebotomist. Additional tests are most beneficial when offered in conjunction with a screening event. Participants will be mailed their individual results and receive information about any abnormal labs. **Costs billed directly to company.**

Available labs include:

- **Lipid profile (total cholesterol, HDL, LDL, VLDL, triglycerides)**.....\$35/person
- **Hg A1C (diabetes marker)**\$10/person



Take a Break to Educate (TABTE) Class & Webinar Topics

Nutrition

Brain Boost: Energize and Protect Your Brain with Food!

- Ever wonder what you can do to prevent memory decline as you age? In this class, learn how to energize and protect your brain with your food choices and to optimize your lifestyle to retain your memory for the future.

Diet Days Are Over

- This class will explore the crazy world of fad diets and confusion over eating plans. We will identify the benefits and cons of each, debunk myths around health claims and leave with research-based recommendations on health.

NEW: Food and Mood

- This class highlights the connection between what we eat and how we feel. Learn specific food recommendations that can partner with additional treatments for depression and anxiety.

Food for Thought—How to Eat with Purpose

- Most of us eat not only because we are hungry, but also to fulfill our emotional states. In this class, learn how to recognize fullness and hunger cues, how to separate food from feelings and how preconceptions and environment can influence eating habits. We will introduce the philosophy and tangible tools of mindful eating.

Food Maze Craze!

- Let's navigate through health food claims together! In this class, we will look at Nutrition Facts labels and learn how to determine if a food is healthy. We also will take a virtual walk through the grocery store, learning to bypass marketing claims and using tricks that make shopping easier and cheaper.

How Sweet It Is?—Find Out the Truth about Sugar

- While sugar can be a confusing topic, our registered dietitian will walk you through the evolution of sugar cravings and how to identify types of sugar. You'll leave with suggestions on how to reduce your overall sugar intake.

Nutrition in the Fast Lane

- The average American eats out for four meals each week. Learn how to cut calories and make healthier choices while still enjoying your favorite fast-food or sit-down restaurants.

Plant-Forward Nutrition

- Learn about a plant-based diet (hint: it's more than avoiding red meat)! In this class, explore different types of vegetarianism, as well as their health benefits and potential concerns. Learn to use plant proteins to create healthful, delicious and satisfying meals.

Save Calories and Cash

- Our registered dietitian will discuss how to plan meals and give you tips for grocery shopping and meal preparation that can save you time and money. You will leave with tools, recipes and a strategy to get started without stress. We also offer a class specifically for lunch called ***What's in My Lunchbox?***

Wellness

Get Fit on the Clock

- Don't have enough time to fit in a workout before or after work? Gain practical tips on fitting exercise and more physical activity into your busy schedule, both inside and outside of work!

Implementing Change

- Learn about theories on how humans approach behavior change, and discover what tools are successful in creating healthy lifelong habits. You will get to practice and then create goals for behavior change.

Stressed Out—Managing Your Stress Effectively

- A small amount of stress can be a good thing, but all too often we tend to overstress. Participants will learn about the damaging effects of stress and how to reduce and manage the stressors in their lives.

Sleep Matters

- In a recent national study, over one-quarter of surveyed adults said that they had missed work, events or activities or had made errors at work because of sleep-related issues. Learn what sleep really is, what happens when we don't get enough and strategies to improve the amount and quality of your sleep.

Preventing Chronic Disease

Be Smart for Your Heart

- Understand the types of heart disease and what numbers to watch, including cholesterol, blood pressure and blood sugar. Discover heart-healthy lifestyle approaches, including diet, identifying healthy foods from labels, physical activity and stress management. *A perfect complement to a Healthy Heart Awareness campaign in February.*

Diabetes Basics and Beyond

- It's estimated that 50% of Washingtonians over age 65 have prediabetes or diabetes. A registered dietitian will discuss risk factors for diabetes and how to live well with diabetes.

Winter Wellness

- Be a flu fighter! Learn how to reduce winter illnesses to maintain productivity. You'll learn tips to prevent seasonal colds and other health issues associated with our long, dark days.

Fight with Food! How Nutrition Can Help to Prevent Cancer

- Nearly 50% of most common cancers can be prevented! In this class, you will learn what cancer is and the common types, review risk factors you can avoid and gain positive lifestyle interventions that have been shown to lower your risk.

***NEW:* Nutrition for the Bones**

- Learn about foods that help prevent and delay osteoporosis and leave with recipe ideas and helpful hints.

Cooking Classes (any theme)

- Have a kitchen space you want to utilize? Our dietitian can showcase simple meals at your site with a theme of your choice. *Food cost is not included in class price.*

Fee-for-Service Programs

Yoga classes

Yoga classes with a trained instructor are great to offer as part of your wellness program. Not only does yoga help strengthen and stretch the physical body, it also helps calm the mind, relieves anxiety and provides tools for stress management and daily living for your employees.

Benefits of hosting a yoga class on-site:

- Length of classes generally ranges from 30 min to 90 min.
- Classes can be offered in the morning, at lunch hour or after work—or any other time of day that works for your office.
- Classes can be held every other week, monthly or quarterly.
- One-time classes for special events, conferences, etc. can be booked.
- Great for all ages, fitness levels and body types. All of our classes are “All Levels” classes unless otherwise requested. Teacher will provide music and offer many suggestions for each pose.
- Need at least 5 students to pre-register for each class to run

Additional classes offered:

- **Move & Meditate:** This class starts with 10 minutes of meditation followed by 30-45 minutes of yoga. The class teaches key meditation practices in a bite-size way so you get the benefits of meditation without feeling overwhelmed from a long practice. This class is great for both beginners who want to learn to meditate and others looking to strengthen their current meditation practice.
- **Yoga & Nutrition:** 30-40 minutes of yoga with 20-30 minutes of bite-sized nutrition talks on your topic of choice. Classes are for all levels and all bodies.
- **Beginner Series:** Schedule a series of five classes to give the basics of yoga, including basic form, alignment and how to use props to make poses more accessible. Limit to 10 students.

Payment Options:

- For a 1-hour session, company pays base fee of \$60 for up to 10 students, and then \$10/additional student.
- Class pass for yoga: Book 5 sessions for \$300, or 10 sessions for \$500—with no additional fee for >10 students. Class pass must be used within a year of booking.
- Christy will invoice the company. Checks must be sent to Pacific Medical Centers within 30 days of invoice.

Shared Responsibilities

LWA partnerships are most successful when each party knows their role in advance.

Living Well Alliance responsibilities include:

1. Deliver high-quality wellness programs tailored to your organization's needs.
2. Create an optional flyer for use in advertising upcoming programs.
3. Follow up at least a week prior to event to confirm event and items to bring.
4. Confirm location and setup requirements. Travel to site and arrive 30 minutes prior to event to set up media or screenings.
5. Provide interactive classes and collect surveys from class participants after class that will be shared with your organization for future planning.
6. Likely offer raffle prize for attendees (as appropriate).
7. Send invoice after event for billing.

Organization responsibilities include:

1. Choose event topic or theme (as appropriate).
2. Secure room for event with proper supplies and/or confidentiality.
3. Provide LWA with travel/parking/access instructions.
4. Send out internal flyers and invitations to employees.
5. Track and secure adequate attendance.
6. Confirm with LWA any changes leading up to event.
7. Send reminder to employees as you see fit.
8. Follow up with payment 30 days after invoice has been issued (as appropriate).

See the following page for a sample contract.



Living Well Alliance™

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Sample Contract

Company	Date(s) requesting	Approx. # Employees	Insurance Carrier

Service(s) Requested:	Price
1. _____	\$ _____
2. _____	\$ _____
3. _____	\$ _____
Total Cost:	\$ _____

Billing: Each event will be billed at the end of the month. An invoice will be sent by email, and the organization will have 30 days to send a check to:

Pacific Medical Centers
Attn: Christy Goff
1200 12th Ave S
Seattle, WA 98144

Discounts: For each calendar year, the first class fee is waived so that your company may try LWA’s services and class experience. Additionally, if your company refers a new company to the LWA program, your company will receive 50% off your next class once the referred company completes an LWA class or service.

Contact the Living Well Alliance team:
206.621.4419 | LivingWellAlliance@pacmed.org