

Healthy Lifestyle Programs



Imagine sleeping better, moving more, losing weight or lowering your cholesterol. You can!

Not everyone's health needs and goals are the same. That's why Allina Health offers a variety of employee wellness programs. Start making healthy lifestyle changes today with the help from one or more of our Healthy Lifestyle Programs.

Looking for a program to help you improve a specific condition?

The chart on the following pages provides an overview of the employee wellness programs available to provide the support and motivation you need to live a healthy lifestyle and improve your myHealthScore. Programs are available for both employees and spouses/partners looking to improve their health.

Not sure where to start?

Work with a health coach to develop a personalized plan to improve your health. Health coaching can help address your questions and concerns about nutrition, fitness, stress, weight management, sleep and life balance.

You have two main health coaching programs available to you:

1. Penny George Institute for Health and Healing provides Integrative Health and Wellness Coaching
2. myHealthCheck provides unlimited calls with a health advisor

Please refer to the right-hand column for more information on the benefits of these two health coaching philosophies. Health coaching is available in-person and over the phone.

Health coaching benefits

[Penny George Institute for Health and Healing](#)

Determine root causes of unhealthy behaviors; uncover your vision and strategies for success; and help to maintain healthy behaviors.

Receive the support and accountability you need to make changes. You can discuss stress, life balance, sleep, nutrition, weight management, exercise, etc. during your coaching.

Coaching requires four to five 45 minute sessions and can take place over the phone or in-person.

[myHealthCheck](#)

Call a myHealthCheck advisor to create a plan that addresses your specific health risks.

You will receive tips and educational information to help you achieve your health goals, as well as advice on exercise and diet.

You have access to unlimited 25-minute calls with your advisor.

Condition	Program	Description	Duration	Cost	Eligibility	Location/Modality	How to Refer/Register
Alcohol Use Disorder	Employee Assistance Program (EAP)	Confidential sessions with an experienced counselor. Can help with work-related problems, crisis intervention, relationship or marital problems, family problems, emotional problems, personal issues, alcohol and drug abuse, coping with chronic illness.	Three in-person counseling sessions per issue	Free	All employees, spouse or partner, and immediate family members	Telephonic, face to face or online	1-800-531-5145 or www.liveandworkwell.com Access code: allina
Depression /Anxiety	Penny George Institute Resilience Training	Enhance natural resilience and become less likely to develop problems with depression and other chronic diseases. Desired outcomes for program participants include reduced severity of depression and anxiety symptoms, a decrease in future episodes and less reliance on prescription medications.	Eight weekly sessions and consultations offered several times per year	\$900	Open to the public	Penny George Institute at Abbott Northwestern Hospital, West Health, & United Hospital	For schedules and additional information visit http://wellness.allinahealth.org/events/4860 To register, please call: 612-863-0041
				\$90*	*Medical-plan enrolled Allina Health employees and spouses. Subject to deductible for HAS plans. Must complete program		
	Employee Assistance Program (EAP)	Confidential sessions with an experienced counselor. Can help with work-related problems, crisis intervention, relationship or marital problems, family problems, emotional problems, personal issues, alcohol and drug abuse, coping with chronic illness.	Three in-person counseling sessions per issue	Free	All employees, spouse or partner, and immediate family members	Telephonic, face to face or online	1-800-531-5145 or www.liveandworkwell.com Access code: allina

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	Health Coaching	<i>Easy and effective starting point for many of the other programs (see below)</i>					
Exercise	Integrative Health & Wellness Seminars	Topics can include exercise, nutrition, weight management, stress, life balance, pain management, sleep, tobacco cessation, etc.					
	Allina Health Fitness Center discounts	Memberships to Allina Health Fitness Centers are available at a discounted rate.	N/A	Varies	All benefits-eligible employees and enrolled spouses	N/A	Refer to <i>MyAllina</i> for fitness center discount options
	Onsite Group Fitness	Offer employees the opportunity to engage in a variety of fitness classes during the work day, convenient and onsite at a variety of Allina Health locations	Varies	Varies	All benefits-eligible employees	The Commons, Buffalo Hospital, Cambridge Medical Center Option to offer at all sites	Site contacts vary For questions or to set up at your site contact BeFit@allina.com
Family Concerns	Employee Assistance Program (EAP)	Divorce, separation, child custody, family disputes, coping with chronic illness	30 minute telephonic consultation per issue	Free	All employees, spouse or partner, and immediate family members	Telephonic	1-800-531-5145 or www.liveandworkwell.com Access code: allina

Condition	Program	Description	Duration	Cost	Eligibility	Location/Modality	How to Refer/Register
Financial Concerns	Employee Assistance Program (EAP)	Budget, tax, investment, college funding, retirement, debt reduction, bankruptcy etc.	30-60 minute telephonic consultation per issue	Free	All employees, spouse or partner, and immediate family members	Telephonic	1-800-531-5145 or www.liveandworkwell.com Access code: allina
	Fidelity	Saving for retirement, evaluating investment choices that meet your needs, review retirement income options	20-30 minute consultation	Free	All Allina employees with a Fidelity plan	Face to face or telephonic	800-642-7131 or getguidance.fidelity.com
Legal	Employee Assistance Program (EAP)	Wills, Power of Attorney, Deeds, Real Estate, Separation/Divorce, Consumer issues, Criminal issues, traffic matters, document preparation, IRS matters	30 minute telephonic consultation per issue	Free	All employees, spouse or partner, and immediate family members	Telephonic or In person	1-800-531-5145 or www.liveandworkwell.com Access code: allina
Life Balance	Health Coaching	<i>Easy and effective starting point for many of the other programs (see below)</i>					
	Integrative Health & Wellness Seminars	Topics can include exercise, nutrition, weight management, stress, life balance, pain management, sleep, tobacco cessation, etc.					
Mediation	Employee Assistance Program (EAP)	Divorce, separation, custody, family disputes, claims, collections, real estate	30 minute telephonic consultation per issue	Free	All employees, spouse or partner, and immediate family members	Telephonic or in person	1-800-531-5145 or www.liveandworkwell.com Access code: allina

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Nutrition	Penny George Institute Am I Hungry? Mindfulness Based Eating	Change how you think about food and exercise in this 8-week in-person group class; strategies to stop emotional eating	Eight weekly sessions offered quarterly	\$229	Open to the public and all employees	Penny George Institute at ANW, Unity Hospital, United Hospital. Online classes available	Call 612-863-5178 or online Registration form Call 612-863-5178 Online Registration Coming soon!
				\$50*	*Partial reimbursement for benefits eligible employee and spouse/partner		
	Integrative Health & Wellness Seminars	Topics can include exercise, nutrition, weight management, stress, life balance, pain management, sleep, tobacco cessation, etc.					
	Health Coaching	<i>Easy and effective starting point for many of the other programs (see below)</i>					
Pregnancy	Maternity Support Program Optum	This program coordinates the maternity experience from preconception through postpartum delivery. A nurse provides personalized continuity of care, specialty resources as needed.	As long as needed	Free	Benefits enrolled employee and spouse/partner	Phone-based, mail-based or web-based	Optum 1-800-509-5310, prompt 3
Sleep	Integrative Health & Wellness Seminars	Topics can include exercise, nutrition, weight management, stress, life balance, pain management, sleep, tobacco cessation, etc.					

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	Health Coaching	<i>Easy and effective starting point for many of the other programs (see below)</i>					
Smoking/ Tobacco Cessation	Blue Cross Blue Shield of MN Stop Smoking Support Program	A phone course with a Quit Coach to help you learn about available quit aids to help you quit for good.	Five sessions	Free*	*Benefits enrolled employee and spouse/partner	Phone-based	Call Blue Cross at 1-888-662-BLUE (2583)
	Nicotine Replacement Therapy	Receive unlimited "over-the-counter" Nicotine Replacement Therapy (gum, patch, and lozenge) or a free 12-week supply of "prescription" tobacco cessation therapy (pill, inhaler, spray).	Varies	Free	All employees, spouses and family members	Allina Health Pharmacy	Bring completed Fagerstrom Questionnaire to doctor; get a prescription for therapy. Allina Health Ritchie Pharmacy 651-241-6380
	Penny George Institute Quit to Live Well	This program includes traditional, evidence-based approaches, like drug therapy and counseling, and new approaches, like acupuncture and aromatherapy, stress management. Medication management available in-person only.	Varies	Free*	Open to the public; *benefits eligible employees, and spouse/partner	In-person or telephonic	Call 612-863-3333 to schedule an appointment.
	Craving to Quit App	Mindfulness-based app for smoking cessation based on a program developed and tested by Judson Brewer MD, PHD out of Yale University.	21 day program, year-long access to app	Free* Promo code: befit	Open to the public; *benefits eligible employees, and spouse/partner	Online/mobile tool	Craving to Quit: iPhone/iPad App

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	Employee Assistance Program (EAP)	Online self-directed smoking cessation program.	Varies	Free	All employees, spouse or partner, and immediate family members	Online, telephonic or in person	1-800-531-5145 or www.liveandworkwell.com Access code: allina
Stress	Penny George Institute Mindfulness Training	Mindfulness is powerful medicine. As a stand-alone practice or an adjunct therapy to conventional medical treatment, it supports the body in developing its own inherent healing capabilities. Whether you have a disease of the body, are experiencing the ill effects of chronic stress or simply want to maximize your health, mindfulness training can help you learn how to take better care of yourself and foster a deep sense of wellbeing.	Four-week course	\$120 for employees	Open to the public and all employees	In person at locations throughout the system	612-863-3333 www.allinahealth.org
	Integrative Health & Wellness Seminars	Topics can include exercise, nutrition, weight management, stress, life balance, pain management, sleep, tobacco cessation, etc.		\$20*	*10% discount and \$88 reimbursement for benefits eligible employee and spouse/partner		

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	Employee Assistance Program (EAP)	Confidential sessions with an experienced counselor. Can help with work-related problems, crisis intervention, relationship or marital problems, family problems, emotional problems and personal issues, alcohol and drug abuse, coping with chronic illness.	3 face-to-face counseling sessions per issue	Free	All employees, spouse or partner, & immediate family members	Telephonic, face to face or online	1-800-531-5145 or www.liveandworkwell.com Access code: allina
Stress	Change to Chill™	Free online resource to help teens get perspective on things that matter, achieve balance and reduce stress. Watch, listen and learn about stress and its triggers, mediation, ways to focus and your values.	Unlimited access	Free	Available to everyone – specific focus on teens and young adults	Online	www.changetochill.org
	Health Coaching	<i>Easy and effective starting point for many of the other programs (see below)</i>					
Weight Management	Penny George Institute Take Action Weight Management Class	Group; This program is designed for people who want to lose weight and keep it off. Participants will meet individually with a registered dietitian, exercise physiologist, and wellness coach, and attend weekly group classes.	12 weekly sessions	\$349	Open to the public & all employees	LiveWell Fitness Center (ANW), and West Health	612-863-5178
				\$50*	*Partial reimbursement for benefits eligible employee and spouse/partner		
	Weight Watchers	Group meetings that teach you helpful habits, including how to eat smarter and move more.	Weekly meetings	\$34.35 (in person)	All employees *Benefits eligible employees.	Workplace and community locations and online option	<i>MyAllina</i>

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				\$15.15 (online)	*50% reimbursement; must meet criteria		
	NEW Medical Weight Management	For individuals with a BMI ≥ 30 who desire to lose weight to improve their health and quality of life. Individuals with work with physicians, dietitians, exercise physiologists, and behavioral health specialists.	3, 6, or 12 months	\$299, \$399, or \$449	Open to the public.	ANW Bariatric Center	612-863-7501
				\$25*, \$50*, \$75*	*Partial reimbursement for benefits eligible employees		
	Changing my Weighs	Registered Dietitians and Registered Nurses teach nutrition, weight loss strategies, the role of exercise in weight loss and mindful eating concepts in a supportive, small group setting. For individuals who want to lose weight, but don't want to have or aren't candidates for weight loss (bariatric) surgery. BMI of 25 or greater.	Nine sessions with RDs & RNs over 12 weeks	\$250	Open to the public and all employees	Unity Hospital	Register at 1-866-904-9962. Call 763-236-2026 for more information.
	Health Coaching	<i>Easy and effective starting point for many of the other programs (see below)</i>					

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Wellness	An Apple a Day	Clinical staff, from Cambridge Medical Center, speak on a variety of health-related topics	Varies, quarterly	Free	Employees, patients and visitors	Cambridge Medical Center	Call 763-688-8419 to register
	Health Powered Kids™	Free lessons and activities to empower youth ages 3-14 to make healthy choices on being active, eating well, keeping clean and finding balance.	Unlimited access	Free	Available to everyone	Online	Log in or Register at healthpoweredkids.org
	Employee Assistance Program (EAP)	Self-service education and tools, interactive self-assessments, private online consultation	Unlimited access	Free	All employees, spouse or partner, and immediate family members	Online	1-800-531-5145 or www.liveandworkwell.com Access code: allina
Health Coaching	Penny George Institute Individual Integrative Health & Wellness Coaching	Personalized coaching to achieve and maintain results and make lifestyle changes: <i>Stress Management, Motivation, Fitness, Healthy Eating, Life Balance and Lifestyle Management Resources</i>	Varies; 3-5 sessions over 2-4 months	Free	Benefits eligible employee and spouse/partner	Telephonic or in person at several locations throughout the metro	Registration form on the AKN or <i>MyAllina</i> ; or call 612-863-5178 http://notes1.allina.com/akn/wellnesscoaching.nsf/WellnessCoachingRequest?openform
	Integrative Health & Wellness Seminars	Topics can include exercise, nutrition, weight management, stress, life balance, pain management, sleep, tobacco cessation, etc.					
	Let's Talk Wellness	An interactive educational series designed to introduce balanced living and general wellness concepts in the form of hands-on active learning	Six, 20-30 minute sessions	Free	Buffalo, Cambridge, and River Falls employees and community members	Buffalo Hospital, Cambridge Medical Center, River Falls Hospital	Janna Anderson 763-684-7568 Janna.Anderson@allina.com (Buffalo) Nicki Klanderud (Cambridge)

EMPLOYEE WELLNESS

Condition	Program	Description	Duration	Cost	Eligibility	Location/ Modality	How to Refer/Register
							<p>763-688-7913 Nicole.Klanderud@allina.com</p> <p>Brandi Poellinger (River Falls) 715-307-6084 Brandi.Poellinger@allina.com</p>