



New Beginnings WEIGHT LOSS PROGRAM

**Is your BMI \geq 30?
Are you a Medicare recipient looking for a NEW BEGINNING?**

This program is designed to provide the tools, coaching and support needed for healthy lifestyle changes and weight management.

Benefits to weight loss:

- *Lower risk for heart disease, heart attack, and stroke*
- *Lower risk for diabetes*
- *Better diabetes control*
- *Lower blood pressure*
- *Less stress on bones and joints*
- *Feel better*

Program:

- *No physician order needed*
- **Medicare Accepted** (for those who qualify)
- *Regular meetings with a Registered Dietitian*
- *Virtual or In-Person*

Get started today!

217-357-6540





New Beginnings

HEART HEALTH PROGRAM

Do you want to learn more about how to improve your heart health?
Intense Behavioral Therapy (IBT) can help!

Medicare will cover one session of IBT per year. IBT helps promote a healthy diet and is recommended for anyone who's at risk.

Lifestyle changes can:

- *Lower risk for heart disease, heart attack, and stroke*
- *Lower risk for diabetes*
- *Weight loss*
- *Lower blood pressure*
- *Less stress on bones and joints*
- *Feel better*

Program:

- **Medicare Accepted** (for those who qualify)
- *One meeting with a Registered Dietitian, more meetings available (pending coverage)*
- *Virtual or In-Person*

Get started today!

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