



Wellness Centered on  
YOU

# What we have to offer for you

- Diabetes Education
- Registered Dietician
- Exercise Physiologist
- Heart Failure Clinic
- COPD
- Physiological Services
- Ostomy Management and teaching
- Medically guided weight loss
- Healthy Lifestyle Education
- Employee Wellness Initiatives

# Great offerings we are working on

- Cooking demonstrations
- Onsite employee wellness classes
- Healthy Lifestyle Program



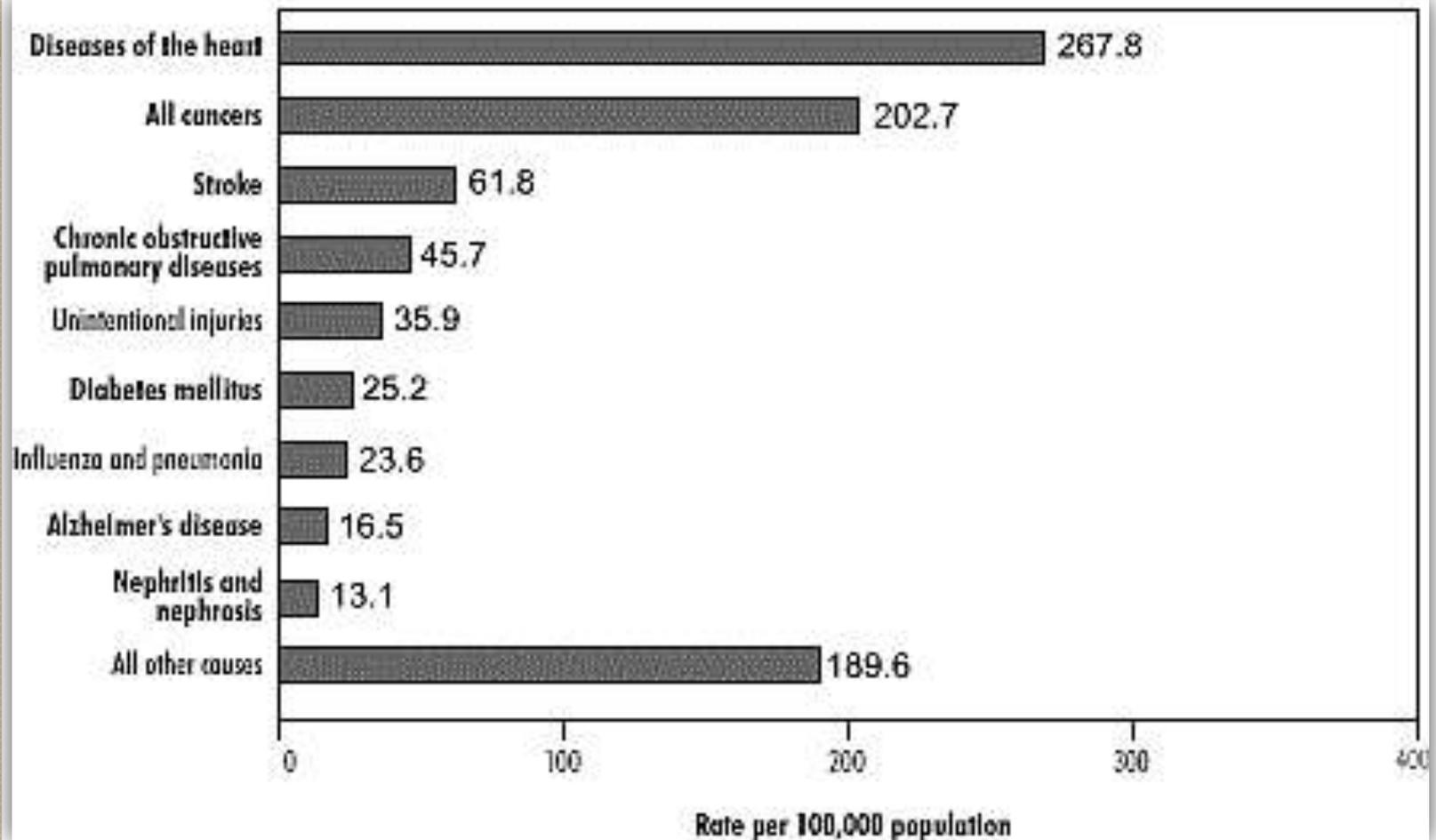


# Lifestyle As Medicine

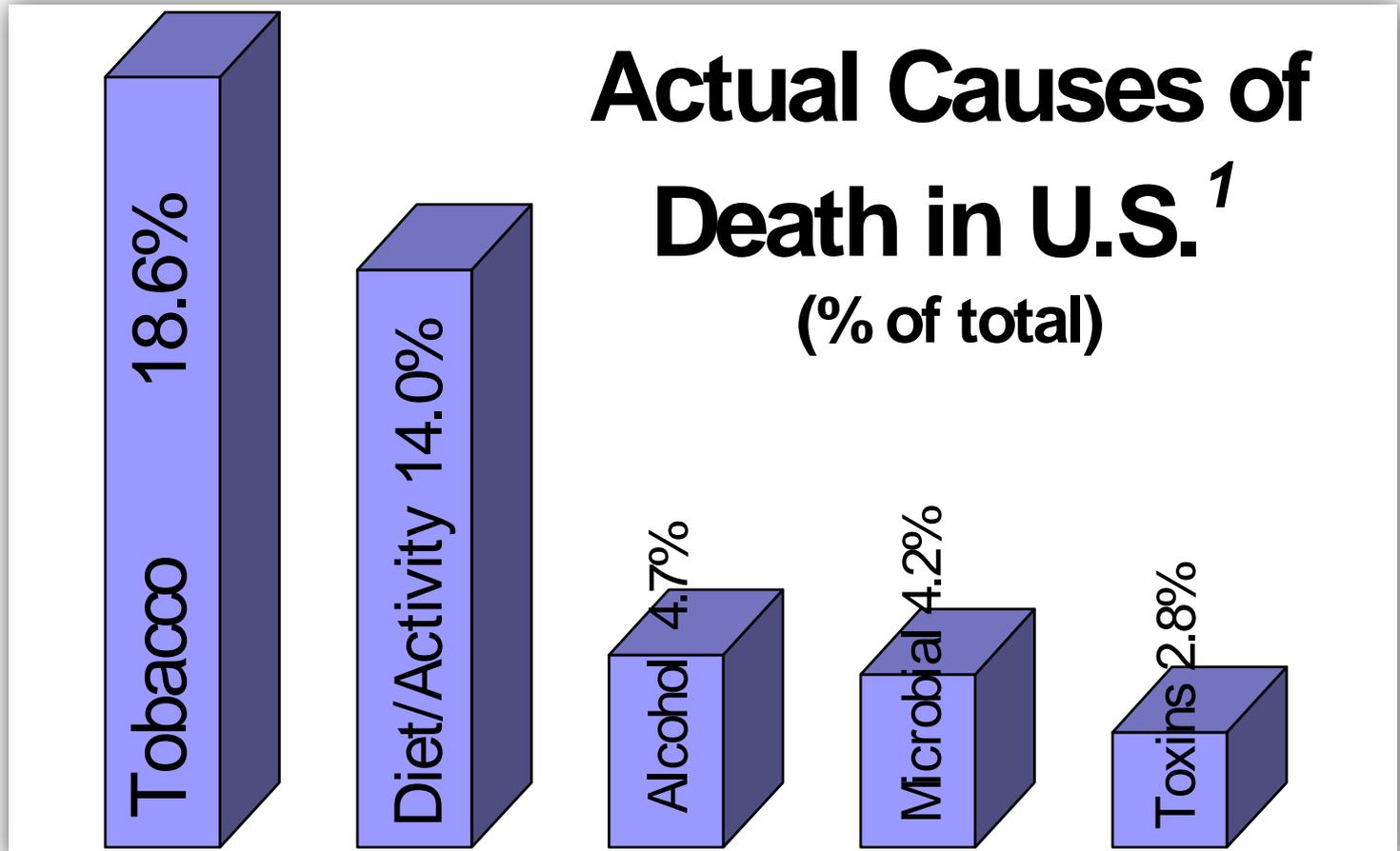
**“ Using lifestyle as medicine, can add years to life and life to years.”**

# Causes of Death in the U.S.

CDC Burden of Chronic Disease Report, 2000.



# Ultimate Causes of Death



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- “Today, 7 in 10 deaths in the U.S. are related to preventable diseases such as obesity, diabetes, high blood pressure, heart disease and cancer. Another striking fact is that 75% of our health care dollars are spent treating such diseases. However, only 3% of our health care dollars go toward prevention.” - American Public Health Association
  - Virtually ALL of the top 10 leading causes of death in US adults are moderately to STRONGLY influenced by lifestyle patterns and behavioral factors
  - For decades studies have shown that 80% or more of all chronic disease can be eliminated by being active, eating well, and not smoking.

# Saving With Prevention

- “Preventative medicine has the potential to add years to life and life to years and save a lot of money in the bargain.”
- Chronic diseases account for \$3 of every \$4 spent on healthcare.

# Why Might Healthy Foods Cost More?

- Shorter shelf life
- Seasonal
- Spoilage
- Weather
- Not subsidized by the government
- Is healthy eating *really* more expensive?

# Ponder this....

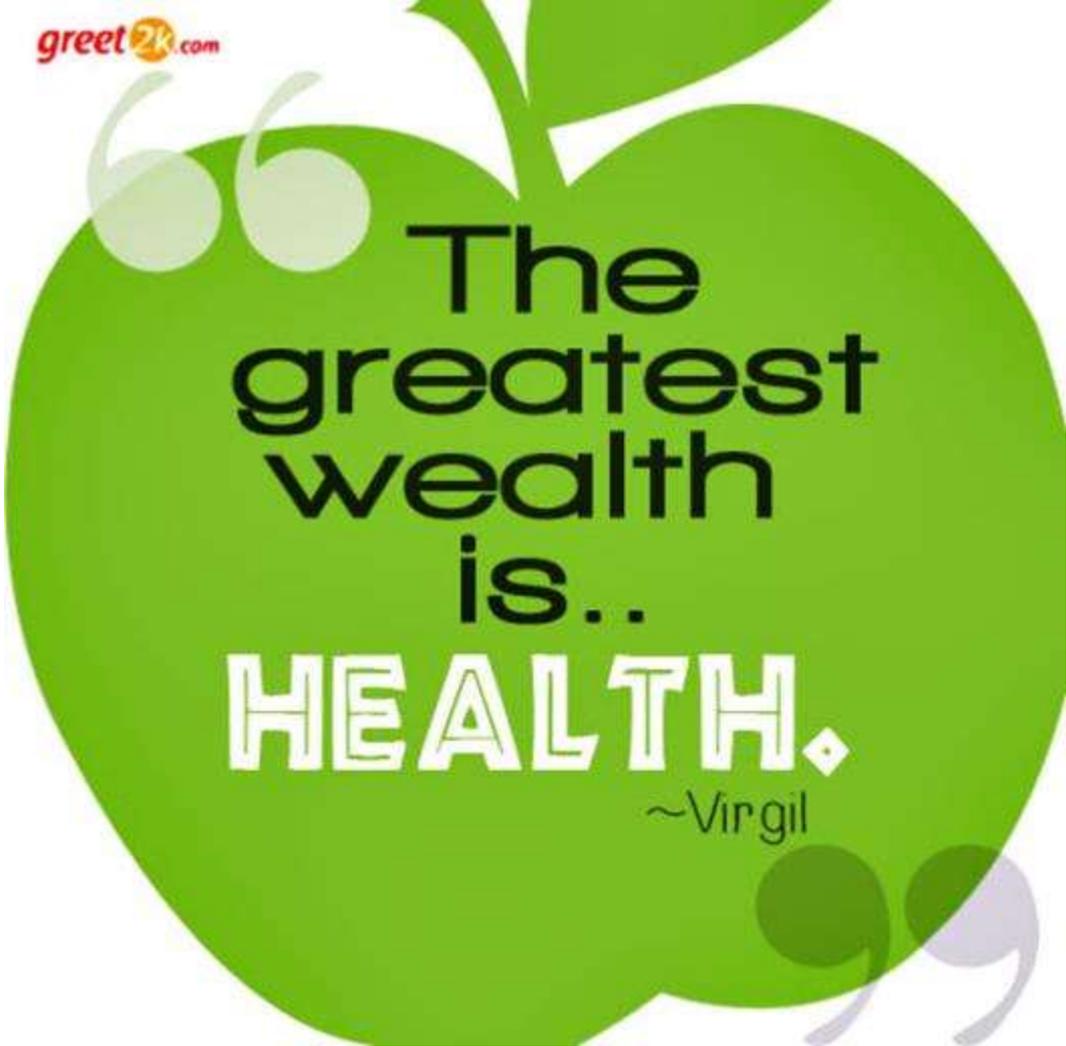
- Foods best suited to extend the shelf life of humans tend to have the shortest shelf life themselves.



# Need A New Perspective On the Value Of Food



  
greet2k.com



The  
greatest  
wealth  
is..

**HEALTH.**

~Virgil

# Outpatient Therapy at EIRMC

- Physical Therapist each with 20+ years experience
- Staffed with 3 PTs, IPTA, and an EP who are with patients at all times- which makes us unique
- Quarterly satisfaction survey ratings
- Outpatient Therapy Gym
- Equipment Orientation
- Remodel coming early next year!
- Contact (208)529-7999



# Exercise Physiology and Wellness

- Follow-up care for Bariatric patients
- Exercise program design and implementation
- Workstation Evaluation
- Body Mechanics
- Community involvement
  - Blog
  - Facebook
  - T.V.
  - Newspaper



# What can exercise do for you?

Here are some of the benefits of doing a regular exercise program;

- A healthy appearance
- Better posture, balance, and alignment
- Makes everyday movement easier
- Stronger joints and muscles (helps prevent injury)
- Lowers the risk of cardiovascular events
- Weight management and improved body composition
- Appetite control
- Less aches and pains
- Improves mental function, self-esteem and confidence
- Healthy outlet for stress
- More restful sleep
- Increased energy and vitality
- Most importantly, increased ability to enjoy life

Just to name a few

# Disease Management

- Heart Failure & COPD Clinics
  - Reduce hospital admissions and readmissions
  - Promote quality of life through
    - Education
    - Access to follow-up care
    - Medication management
    - Dietary instruction
    - Chronic illness therapy with Psychologist



**Want to learn more?  
Contact us at the  
EIRMC Wellness Center  
(208)535-4200**