



## 2009 Well Coached Calendar (Example Only)

**Congratulations on completing your health screening. The following document outlines how you complete your requirements based on your score. Remember, to qualify for your 2010 Benefit credit, you must complete your health coaching, seminars and health challenge(s).**

Level	Points	Health Coaching	Seminars/ Programs	Health Challenge(s)
Level 4	0001-2100	2	4	2
Level 3	2101-2400	2	3	2
Level 2	2401-2900	2	2	1
Level 1	2900+	1	1	1

**Call your personal health coach at 502-426-1170.**

<u>Month</u>	<u>Date &amp; Location</u>	<u>Seminars Based On Summary 12:00-12:20 &amp; 12:30-12:50</u>	<u>Wellness Challenge Ideas</u>	<u>On-Site Health Coaching 1:00-1:30 Appointment</u>
January	1/21 Clarksville	Nutrition 101 Fitness & Weight Loss	Winning Weighs Team Competition	
		Heredity & Risk Factors Cholesterol & Eating	Winning Weighs Team Competition	
April	4/22 Dixie	Cancer Reduction Fad Diets	Food Pyramid	
		Improving Fitness Controlling Blood Pressure	Get Moving	
July	7/12 Hurstborne	Cardiovascular Health Diabetes Prevention	Get Moving	
		Food & Your Immunity Eating Healthy At Work		
October	10/20 Newburg	Exercise & Your Health Maintaining Your Weight	5 A Day	
		Healthy Fast Food Choices Am I At Risk	5 A Day	
		Vending Machine Choices What Is Cholesterol		
		Smoking Cessation Healthy Fast Food Options	Stress Management Holiday Meltdown	
		Stress Management Starting An Exercise Program	Stress Management Holiday Meltdown	
		Dealing With Depression Portion Size	Holiday Meltdown	

OHS Wellness Director will design your program based on your Executive Summary. Programs are designed to encourage lifestyle modifications. OHS will track and monitor compliance to guidelines. Other classes and health coaching services are available for an additional fee.