

What are the next steps to join

# Lifestyle Programs

with You First?



## Heart Health Screening

This doctor's appointment should include your height, weight, and blood pressure. It can also include blood sugar and cholesterol testing if your doctor suggests it.

## Answer Heart Health Questions

Answer the questions on the day of your Heart Health Screening appointment and send them back to You First.

## Send Results To You First

Ask your doctor to fax the Provider Report to 802-657-4208 or mail the Provider Report to You First.

## Complete And Return Goal Sheet

Our Lifestyle Program Coordinator will send you a Goal Sheet to find out about changes you would like to make in your health and fitness.

## Select Lifestyle Program

Choose from Weight Watchers, TOPS, Curves, Self-Monitored Blood Pressure Program, Health Coaching, and local fitness centers.

## Sign Agreement

We ask that you commit to attending your fitness program 2 times a week for the 3 months.

## 3 Month Membership

Attend your fitness program at least twice a week and stay in contact with You First to track your progress.



Lifestyle Program enrollment is based on availability. You First only offers Lifestyle Programs during the Fall and Winter months (October-April). Lifestyle Programs are available for You First members over the age of 40.