



# Memorial Wellness Center

PROGRAM OVERVIEW



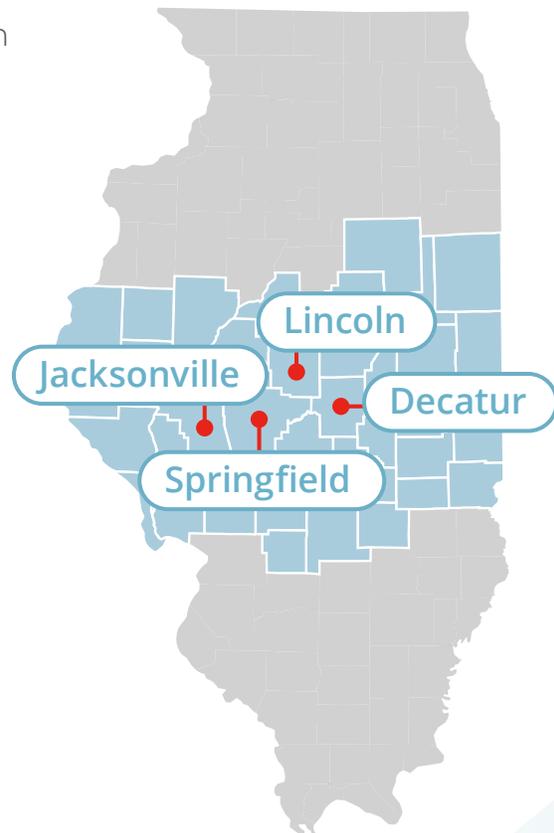
Memorial Wellness Center offers a comprehensive, customized approach for providing the safest, highest-quality care for weight-loss and wellness needs.

Our physician-led, multidisciplinary team is committed to working alongside you and your referring physician.

In addition to the benefits you will experience by obtaining a healthful weight, you'll also benefit from the expertise of medical, surgical, lifestyle, physical therapy and nutrition specialists. We are dedicated to providing support and education to improve your health and life—not just your physical appearance.

### Who can benefit from medical weight-loss services?

- BMI 26–40 with or without other health problems related to excess weight
- BMI greater than 40 and not interested in or eligible for bariatric surgery
- Individuals willing to work with a multidisciplinary team
- Individuals ready to make a commitment to improve their health



# Diabetes Services

Learning how to manage your diabetes can feel overwhelming, but you don't have to do it alone.

Our accredited diabetes services program will help you learn how to care for yourself, to improve control of your blood glucose and your overall health. Our program curriculum focuses on seven key areas—ADCES7 Self-Care Behaviors™.

## Who can benefit from diabetes services?

- Individuals with diabetes
- Individuals with prediabetes
- Individuals with gestational diabetes
- Individuals who are newly identified with one of the above diagnoses, never received diabetes education or just need a refresher

# Bariatric Services

Memorial Bariatric Services, is an accredited, regional surgical weight-loss program.

Our program meets the highest standards for patient safety, advocacy and clinical effectiveness. We offer an array of specialists who work with you to prepare for surgery and support you throughout your entire journey.

## Who can benefit from bariatric services?

- Individuals who are at least 18 years old
- BMI greater than or equal to 40
- BMI between 35–39 with certain associated-medical conditions such as heart disease, sleep apnea, diabetes or high blood pressure
- History of failed weight-loss attempts
- Willingness to participate in the multidisciplinary program and long-term follow-up care
- Individuals for whom benefits of surgery are greater than the risks



## Healthy You

Healthy You is a year-long program that encourages weight loss through modest lifestyle changes.

It has been proven to reduce both weight and risk of developing chronic diseases like type 2 diabetes.

Participants in the Healthy You program will attend scheduled meetings where they engage in discussions about successes, challenges and topics that pertain to weight loss and activity. These meetings will provide you with support and accountability as you are building new habits. Additionally, your food logs, activity minutes and weight checks will be reviewed regularly by a trained lifestyle coach. This group meets weekly for several months and then less frequently throughout the remainder of the year as your new habits become more routine. Program participation is virtual for your convenience.

## Healthy You+

Healthy You+ helps to establish the basics for living a healthier lifestyle while also providing support and accountability for changes.

Healthy You+ combines the benefits of group support, lifestyle changes and accountability plus the addition of individual visits.

This non-surgical weight-loss option features physicians specializing in obesity medicine, working alongside physical therapists, clinical social workers and counselors and registered dietitians to help you reach your health goals. Your physician-led, multidisciplinary team will collaborate with you to find the right treatment. Together, we will ensure you are provided the necessary treatment options to improve your health.

### Who can benefit from the Healthy You program?

Anyone 18 years and older who has a BMI of 25 or greater that desires to lose weight through lifestyle changes may qualify.



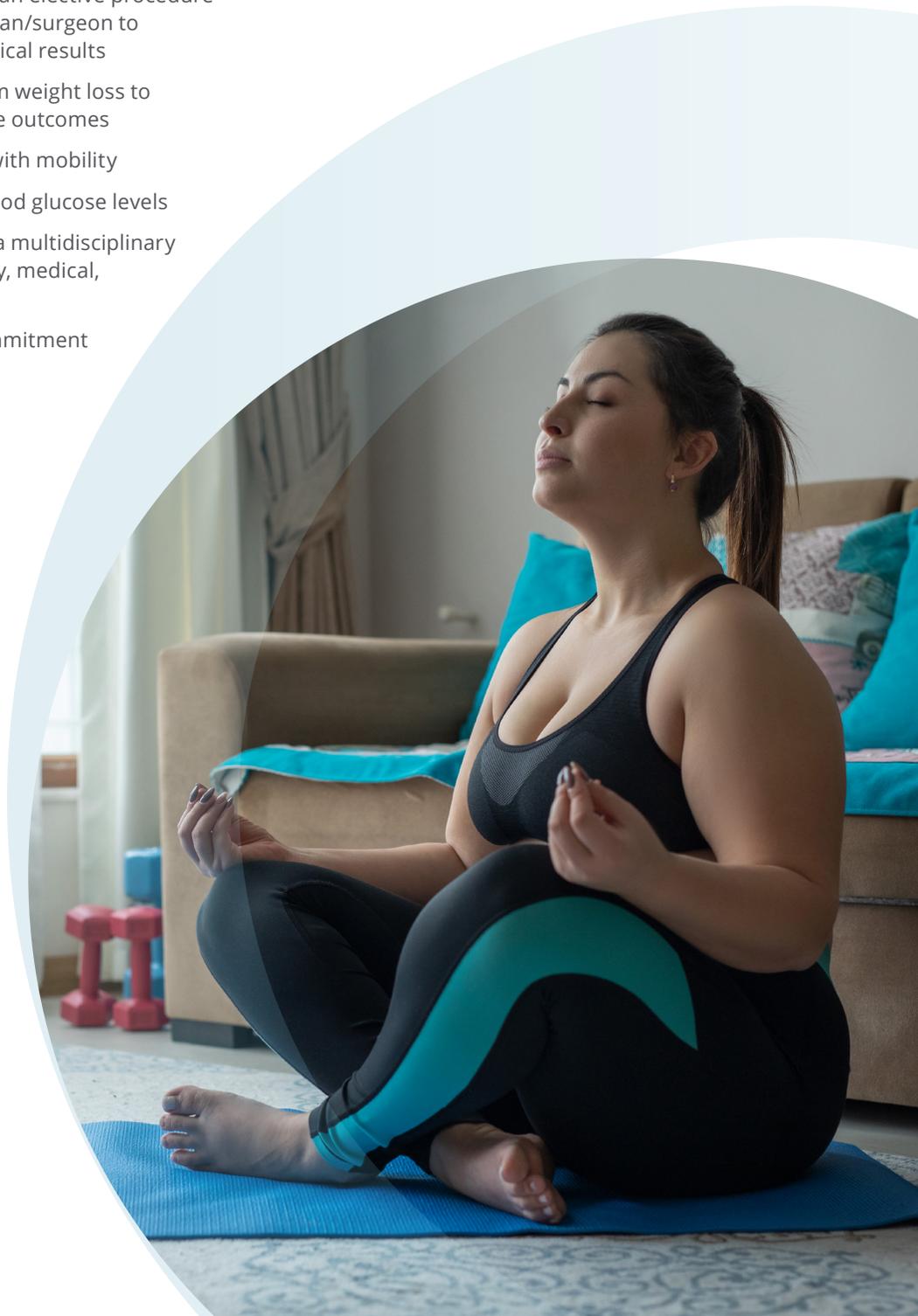
# Patient Optimization

The Patient Optimization program is individualized for your needs.

Patient Optimization is designed with promoting optimal surgical outcomes for elective surgeries such as hernia, orthopedic or gynecologic procedures.

## Who can benefit from patient optimization?

- Individuals interested in having an elective procedure and encouraged by their physician/surgeon to improve health to optimize surgical results
- Individuals who can benefit from weight loss to reduce surgical risk and improve outcomes
- Individuals who are struggling with mobility
- Individuals with unmanaged blood glucose levels
- Individuals willing to work with a multidisciplinary team (nutrition, physical therapy, medical, behavioral health)
- Individuals ready to make a commitment to improve their health



# Nutrition Counseling

Prescribed nutrition therapy is provided by registered dietitians qualified by education, experience and expertise.

A registered dietitian will assess your nutrition status and tailor nutrition recommendations to your individual eating habits, lifestyle, budget and nutrient needs required by your diagnosis.

## Who can benefit from nutrition counseling?

People with the following concerns or conditions:

- Heart disease and elevated cholesterol levels
- High blood pressure
- Celiac disease/gluten intolerance
- Kidney disease
- Gastrointestinal disorders, such as irritable bowel syndrome, diverticulosis or Crohn's disease
- Nutrition during pregnancy and lactation
- Unintentional weight loss
- General healthy eating
- Prediabetes
- Diabetes
- Food allergies
- Sports nutrition
- Eating disorders



# Culinary Medicine

Culinary Medicine classes involve preparing several recipes to learn basic culinary techniques while engaging in conversation related to the food-medicine connection. Participants taste the recipes the group has prepared and then set goals for using their new skills at home.

## We offer a variety of classes including:

### Health and Wellness Classes

Health and Wellness classes can range from food as a prevention strategy to food as part of therapeutic treatment of a diagnosed condition.

### Culinary Professional Series

The Culinary Professional Series provides continuing education opportunities for healthcare providers and medical students.

### Everyday Essentials Classes

Everyday Essentials classes emphasize kitchen skills used to prepare healthy foods, with topics geared toward different health and wellness needs in the community.

**Our Culinary Medicine program offers cooking classes in a brand new kitchen.**



# Take the Next Step to Better Health

Are you ready to begin the journey to better health? If so, we're ready to take those steps alongside you. Call us today to change your life.

Get started by filling out our prescreening form at [memorial.health](https://www.memorial.health).

Central Illinois: 217-788-3948 | Toll-Free: 866-205-7915

*Telehealth and in-person appointments are available. However, all services may not be available at every location. Contact our office for current location availability.*



ATTENTION: Interpreting and Translation services are available free of charge in Spanish, French, American Sign Language and other languages. Call 217-588-7770 (TTY users, first dial 711). Memorial Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.