



Optimal Living Program

404-778-2850

www.emoryhealthcare.org

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EMORY HEALTHCARE

EMORY HEART & VASCULAR CENTER

Advancing the Possibilities®

DO YOU SUFFER FROM:

- Diabetes?
- High Blood Pressure?
- Being Overweight?
- Exhaustion from everyday activities such as going up the stairs?

Then the Optimal Living Program may be ideal for you! Emory HeartWiseSM offers this eight-week lifestyle modification program for patients without heart disease.

OPTIMAL LIVING *BASIC* INCLUDES:

- Personalized evaluations
- Individualized goals and plan of care
- Weight training
- Weekly nutrition education
- A life plan to continue exercise and nutrition changes learned in the program

OPTIMAL LIVING *PLUS* INCLUDES:

All of the above and the following:

- Eight one-on-one sessions with a registered dietitian
- Eight one-on-one personal training sessions

Each patient will receive a binder to maintain his or her exercise flow sheet, goals, and plan, as well as copies of educational materials received in the sessions. Patients are encouraged to take this binder to their physician to discuss their progress and program results.

SCHEDULE

Exercise appointments are available Monday through Thursday between 7 a.m. and 11:30 a.m.

Group educational sessions are offered each week for the **basic** program.

WHAT IS REQUIRED?

A physician's order is required to participate in the Optimal Living Program. At the ordering physician's discretion, a stress test may be recommended prior to starting the program. This may be faxed, mailed, or e-mailed to our office. The fax number is 404-778-2855.

COST AND PARKING


To inquire about the cost of the programs, please call 404-778-2850. EMORY HEALTHCARE employees receive a 15 percent discount. A refundable deposit of \$25 is required for parking.

FOLLOW-UP CARE

After completion of the Optimal Living Program, patients may continue in the Emory HeartWiseSM Risk Reduction Program. HeartWiseSM offers a wellness component that includes continued case management and exercise progression. The fee for the wellness program is discounted for the first month after the completion of the Optimal Living Program. Patients can exercise Monday, Wednesday, and Friday from 6 a.m. to 11:45 a.m. and participate in additional water aerobics classes on Tuesday afternoons.

Currently, this program is not reimbursed by Medicare or any other third-party payors. Patients can receive a letter for documentation of a medically supervised program for their flexible spending accounts.

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