



CARING FOR OUR COMMUNITY LIKE FAMILY

HealthyCare &

Lifestyle  
Medicine

UW Medicine

---

VALLEY  
MEDICAL CENTER

---

POWERED BY



Valley has a Lifestyle Medicine Department.  
What do you hope is being accomplished by  
this department?

# Lifestyle Medicine Overview



Focus: chronic disease prevention & management, health promotion



Structured programs to facilitate behavior change



Education on healthy lifestyle choices



Education about chronic disease

# When to Consider a Referral to Our Department

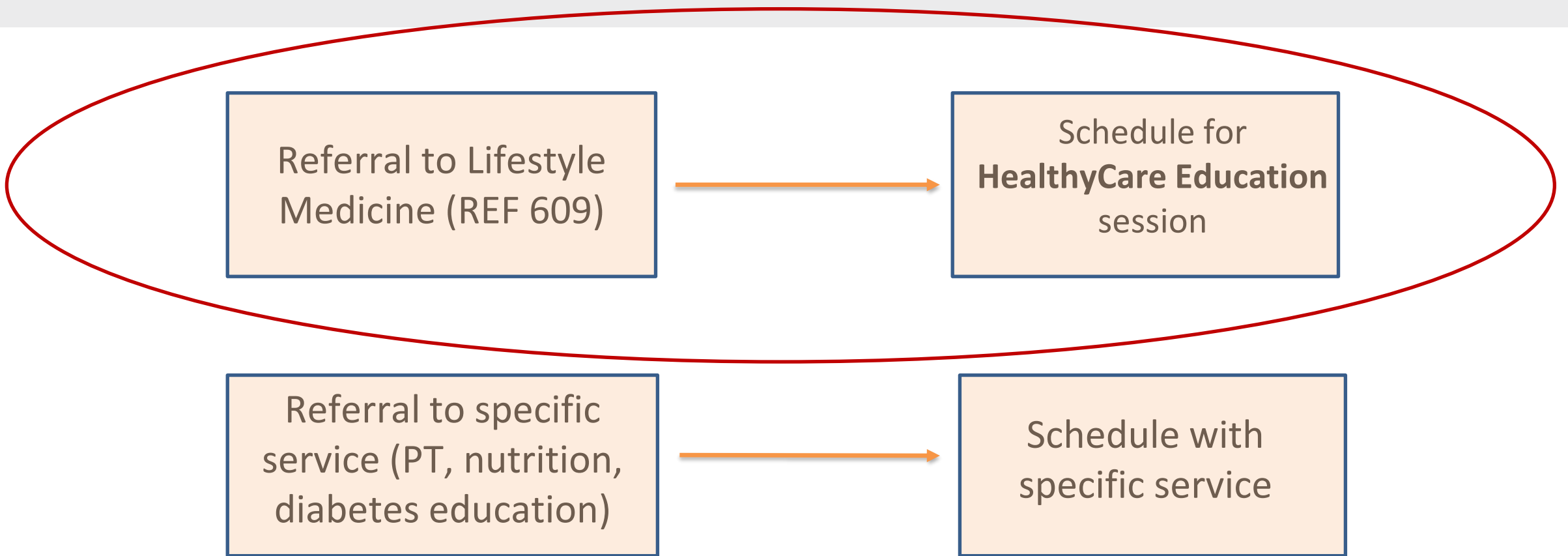
1.

I want to facilitate lifestyle change but...where to start?

2.

I want to refer to a specific service

# Lifestyle Medicine Referral Management



It's FREE

# What is a HealthyCare Session?



**Free**, routinely scheduled sessions intended to be interactive and educational



Format: In-Person (Renton, Maple Valley, Covington)



Duration: About 1 hour



Purpose: Provide foundational knowledge, awareness, and empowerment about being proactive with health & healthcare

# Session Content

The current state of health & impact of chronic disease

A systemic issue –  
deceptive advertising,  
confusing media,  
extreme health trends,  
& more

HealthyCare vs.  
impairment-based  
healthcare

The false narrative of  
health

Type II diabetes, heart  
disease, stroke, & HTN  
education & prevention

Mainstream methods  
of lifestyle change vs.  
the evolutionary model  
of behavior change  
(HealthyCare approach)

HealthyCare at Valley  
Medical Center includes  
nutrition counseling,  
medical fitness, & PT

# Signing Up for HealthyCare Sessions



[valleymed.org/  
healthycare](http://valleymed.org/healthycare)



# We are looking for clinician champions!

## Contact me if interested

Flyers

Posters

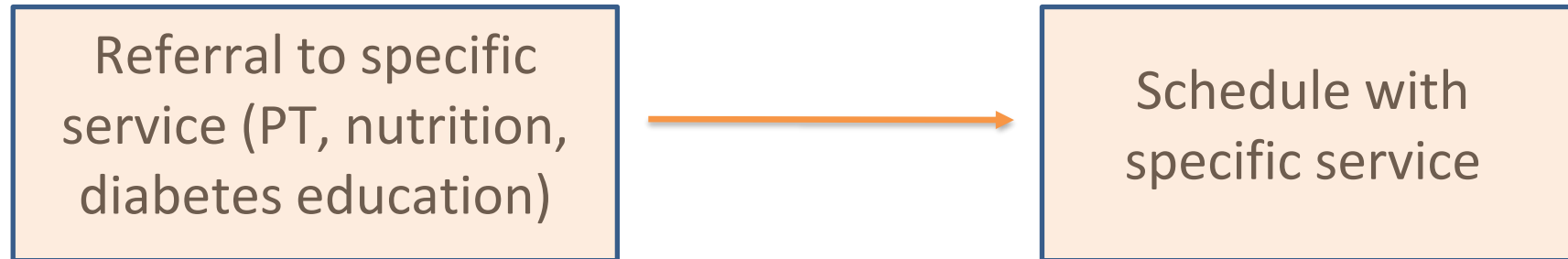
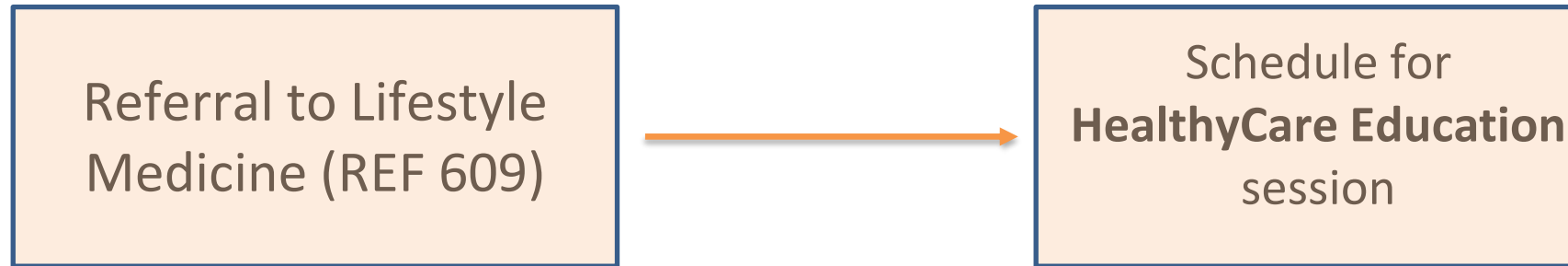
AVS

Youtube video

Presentation to your clinic

Interested? Email me: **[thomas\\_hammett@valleymed.org](mailto:thomas_hammett@valleymed.org)**

# Lifestyle Medicine Referral Management



# Lifestyle Medicine Services & Programs

## Clinical Services

- Physical Therapy & Occupational Therapy
- Medical Nutrition Therapy & Diabetes Education
- Cardiac & Pulmonary Rehabilitation

## Lifestyle Programs/Services

- Lifestyle365
- Diabetes Prevention Program
- Nutrition Coaching

## Education

- HealthyCare
- More coming soon!





Lifestyle365

MEDICAL FITNESS BY



PINNACLE  
MEDICAL WELLNESS

# Program Outcomes

- In the first 16 weeks, patients see on average:
  - **9.33% improvement in aerobic endurance** (VO2max estimate)
  - **>20% improvement in maximal strength** (1 rep max estimate)
    - Includes leg press, chest press, low row
  - **Significant reductions in systolic blood pressure and body fat %**

# Signing Up for HealthyCare Sessions



[valleymed.org/  
healthycare](http://valleymed.org/healthycare)