

Poor Health is *Risky Business!*

A Health Risk Assessment identifies the level of vulnerability and allows one to target with appropriate interventions.

Basic Risk Evaluation

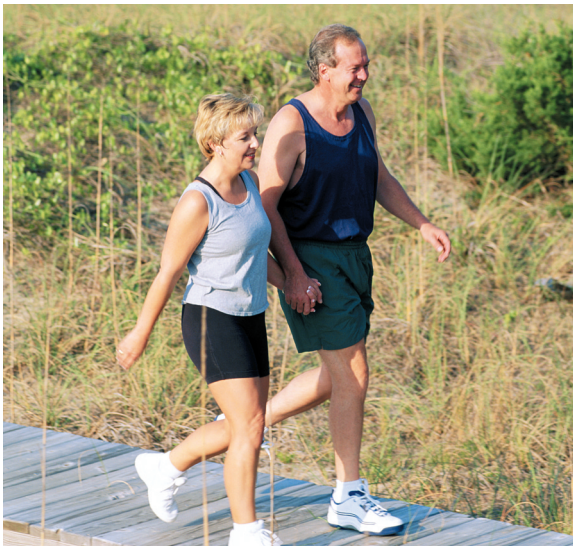
with an Introductory Intervention, includes:

- Lipid and blood glucose test
- Body weights & measures
- Calculation of cardiovascular risk level
- Discussion of overall results

Choice of one from a menu of interventions, such as:

- Nutritional consultation
- One-month membership
- Treadmill test & exercise orientation
- Yoga (3 classes)
- Morning of Mindfulness

Charge per Participant \$75



General Cardiovascular Risk Evaluation

with an Introductory Intervention, includes:

- Lipid and blood glucose test
- Health risk assessment
- Body weights & measures
- Calculation of cardiovascular risk
- Discussion of overall results
- Health coaching session & follow-up

Reassessment after 1 year

Choice of one from a menu of interventions, such as:

- Nutritional consultation
- One-month membership
- Treadmill test & exercise orientation
- Yoga (3 classes)
- Morning of Mindfulness

Charge per Participant \$195

Savvy business leaders realize that there is a direct relationship between risk factor reduction, behavior modification, lower healthcare costs and their bottom line.

“Preventing common chronic diseases and premature death later in life requires that you take action now, even though you have no symptoms of chronic disease.”

The Culprit & the Cure, Steven Aldana

Comprehensive Cardiovascular Risk Evaluation

with an Introductory Intervention, includes:

- Basic lab tests
- Ankle brachial index
- Health risk assessment
- Treadmill test with EKG
- Musculoskeletal strength and flexibility assessment
- Body weights and measures
- Calculation of cardiovascular risk level
- Physician assessment
- Discussion of overall results
- Health coaching session with follow-up

Reassessment after 1 year

Choice of one from a menu of interventions, such as:

- Nutritional consultation
- One-month membership
- Treadmill test & exercise orientation
- Yoga (3 classes)
- Morning of Mindfulness

Charge per Participant \$460

The Case for Wellness

New Mexico, like America, is in an epidemic. Here are the Top 10 Reasons Favoring Intervention Programs

- 1 Knowing your numbers and what they mean helps to put health in perspective.
- 2 Diabetes quadruples the heart attack risk for women and doubles it for men.
- 3 An unhealthy combination of “good” and “bad” cholesterol quadruples the risk for heart attacks.
- 4 Hypertension (high blood pressure) triples heart attack risk for men and doubles it for women.
- 5 Stress and depression almost triple the risk of a heart attack.
- 6 Abdominal obesity more than doubles the risk of heart attack; healthy diet decreases risk by nearly 30%.
- 7 Smoking can double, even triple the risk of heart attack.
- 8 Enough physical activity (8,000 – 10,000 steps/day on the pedometer) can reduce heart disease by two-thirds.
- 9 Heart risk factors (smoking, obesity, high blood pressure, elevated cholesterol) increase the risk for dementia.
- 10 Eating right, exercising and making wise health decisions, can postpone onset of serious illness by as much as 10 to 20 years.

Worksite interventions, not medical professionals, play the largest role in helping people develop healthy lifestyles.

“All the information about good health and quality of life is of no value unless it can motivate and inspire you to change.”

The Culprit & the Cure, Steven Aldana

- Three of four adults (75%) will encounter heart disease in their lifetime.
- A child born today has a 50% chance of having diabetes over the course of his lifetime.

Why? Because of these risk factors:

- 4 out of 5 adults – *Poor dietary habits*
- 3 out of 4 adults – *Sedentary*
- 2 out of 3 adults – *Overweight*
- 1 out of 3 adults – *High cholesterol*
- 1 out of 3 adults – *High blood pressure*

Programs/Classes at New Heart:

- Home Exercise Prescription
- Stress Skills Seminar
- Mindfulness Meditations
- Weight for Wellness
- Tai Chi
- Journaling for Wellness
- Life in Balance
- Smoking Cessation
- Healing Music
- Healthy Lifestyles
- Yoga
- Health Coaching



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How to save money on your health plan, because...

**Prevention
Makes
Perfect Cents!**

You can limit your risks and have a more productive work force.

Just imagine!

91% of diabetes

82% of heart disease

70% of stroke

71% of colon cancer

**can be avoided
with lifestyle changes.**

New  Heart