

prevea.com/results  
(920) 431-1999



## Promoting Healthy Lifestyles

*Transforming your culture, one by one.*

Focusing on behavioral changes and lifestyle modifications, Prevea Health's Lifestyle Wellness Counselors offer an individualized approach, building mutual trust and relationships, to create healthy lifestyle outcomes. Together, barriers to physical and mental wellbeing are identified and improved, helping individuals become healthier and happier.





## Success with Prevea patients

**500%  
INCREASE**  
IN HEALTHY LIFESTYLE  
COLLABORATIVE COUNSELING  
IN RECENT YEARS

**82%  
RETENTION RATE**  
OF WELLNESS  
COUNSELING PATIENTS

**70%  
SUCCESS RATE**  
OF PATIENTS DECREASING  
MEDICATION USE AND/OR  
IMPROVED LAB SCORES  
WITH A MEDICATION USE/LAB  
CHANGE GOAL

**70%  
SUCCESS RATE**  
OF PATIENTS LOSING WEIGHT  
WITH A WEIGHT LOSS GOAL

According to the Center for Disease Control and Prevention, 42% of the United States is obese<sup>1</sup> with 38% of adults being prediabetic<sup>2</sup>. When diabetes is left untreated, it can cost twice as much in medical expenses. According to the Natural Academy of Medicine, 80% of a person's health is impacted outside the walls of a health care system<sup>3</sup>. **The Prevea Health & Wellness Counseling program can help patients achieve that success.**

<sup>1</sup> <https://www.cdc.gov/obesity/data/adult.html>

<sup>2</sup> <https://www.cdc.gov/diabetes/data/statistics-report/index.html>

<sup>3</sup> <https://nam.edu/social-determinants-of-health-101-for-health-care-five-plus-five/>

## Case studies

The healthy lifestyle interventions available to these individuals included health counseling and education. Read about their successes!

### LOWERED BLOOD PRESSURE

A 59-year-old male was seeking help to lower his blood pressure, lose weight and improve his overall lifestyle. After meeting for one year with Prevea and focusing on mindfulness, diet and exercise, he has reduced anxiety and negative self-talk, which has helped him create healthy habits. He has created a consistent exercise routine, has been mindful of his food choices and decreased his alcohol consumption. His blood pressure decreased by 30 points and as a result, he has been prescribed a lower dose of blood pressure medication.



### QUIT SMOKING

A 48-year-old male had high cholesterol and was addicted to cigarettes for 15 years, using smoking to help relieve his stress. He utilized the Prevea Health & Wellness Counseling program offered through his workplace to pursue a healthier lifestyle. He has since quit smoking and improved his eating and exercise habits. As a result, he has been able to manage his stress in a healthier manner.



### LOST WEIGHT

A 38-year-old female wanted to lose weight to decrease her risk for chronic health issues. By working with a Prevea health and wellness specialist, along with making nutritional shifts and starting a regular exercise routine, she was able to lose more than 60 pounds and improve her cholesterol and blood pressure levels. Since making these changes, she has more energy, more confidence, improved self-esteem and finally feels comfortable in her skin. She is now able to enjoy her life without feeling like she is missing out on experiences due to her weight.

