


Empowering you to live the healthy life you deserve.



Learn more about our partnership with  and what that means for your health opportunities!



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A NEW PARTNERSHIP WITH NUDJ HEALTH MEANS MORE BENEFITS FOR YOU!

Your provider at Cardiology and Vascular Associates is proud to be partnering with Nudj Health, a unique collaborative lifestyle medicine company, to help improve your overall health and well-being. With this partnership, you'll have full access to Nudj Health's lifestyle medicine experts, programs, resources and virtual classes.

WHAT IS LIFESTYLE MEDICINE?

Lifestyle medicine is a medical approach that uses evidence-based therapeutic lifestyle interventions to prevent, treat, and manage chronic disease such as, but not limited to, cardiovascular diseases, type 2 diabetes, obesity, and chronic pain. Working collaboratively with your physician, Nudj Health provides whole-person care in the six critical lifestyle areas.

Nudj Health is proud to have a lifestyle medicine program certified by the American College of Lifestyle Medicine.



These 6 lifestyle areas are interconnected and when addressed with consistent balance people often see improved health, wellness, and a reversal of chronic disease.



STRESS MANAGEMENT

Learning to manage negative stress can lessen anxiety, depression, and immune dysfunction which leads to improved well-being.



NUTRITION

Evidence shows that incorporating a whole-food, plant-forward diet can often prevent, treat, and reverse chronic illness.



PHYSICAL ACTIVITY

Incorporating regular, consistent physical activity is an important part of overall health and resiliency.



Did you know that **80%** of all chronic conditions are due to poor lifestyle choices?



SLEEP QUALITY

Improving sleep quality can improve attention span, mood, insulin resistance, and can reduce hunger, sluggishness, and more!



BEHAVIORAL RISKS

Avoiding risky substances, such as tobacco and excessive alcohol, has been shown to reduce your risk of chronic diseases and death.



SOCIAL SUPPORT

Having positive social connections have beneficial affects on physical, mental, and emotional health.

BENEFITS THAT ARE TAILORED TO YOUR SPECIFIC NEEDS

Nudj understands that everyone's needs, circumstances, and abilities are different. That's why they work in collaboration with you and your referring physician to find the best course of action. Their lifestyle medicine experts meet you where you are to ensure maximum impact with sustaining results.

1 MONITOR & MANAGE CONNECTED DEVICES

Health data from your device(s), such as blood pressure monitor or weight scale, will be tracked and monitored for your physician to review and provide recommendations as needed.

2 SET HEALTH GOALS & AN ACTION PLAN

Start working on your health goals as early as your first wellness appointment! Your dedicated Health Coach will assist with addressing any barriers or challenges you may encounter.

3 TAILORED FITNESS PLANS

A Fitness Specialist will assess your abilities and recommend a routine that fits your current lifestyle. As your strength and stamina increase your routine will be updated so you continue making progress.

4 TAILORED NUTRITION PLANS

Work on building healthy habits around your current eating style. Get personalized nutrition advice, recommendations, and detailed meal plans from our Registered Dietitians.

5 ACCESS TO MENTAL HEALTH SPECIALISTS

Having trouble getting motivated? Try speaking to one of our mental health specialists. They will work with you to help uncover what's blocking you from unlocking your potential.

6 ATTEND VIRTUAL HEALTH CLASSES

Access a variety of interactive virtual health classes that dive deeper into different aspects of the six lifestyle areas. Find support and meet others who are going through similar health journeys.

WE KEEP TRACK SO YOU DON'T HAVE TO

Our Remote Patient Monitoring (RPM) Program is one great way to keep track of progress. If your doctor prescribed the RPM program, a device will be provided to you and the Nudj team will monitor your data and keep your doctor informed of readings and data trends. You'll also be able to track your own data by using the Nudj Health app! No more scribbling your data in a notebook or manually logging it into an app!



If you received a weight scale, here are some tips for getting consistently accurate results.

Measuring your weight for Heart Failure:

1. Weigh yourself first thing in the morning after using the restroom.
2. It is best to weigh yourself without any clothes on. If you are uncomfortable with this, wear the same thing each time.
3. If the reading is not a normal reading for you, weigh yourself two more times.

Measuring your weight while in the Nutrition Lifestyle Program:

1. Weigh yourself first thing in the morning after using the restroom.
2. Weigh yourself without clothes or shoes for the most accurate measurement.
3. Weigh yourself daily.



If you received a blood pressure device, here are some quick tips on how to take your blood pressure for getting the most accurate results:

1. Take your morning blood pressure when you first wake up and after using the restroom.
2. Do not eat or drink anything 30 minutes before taking your blood pressure.
3. Sit quietly with your feet flat on the floor, legs uncrossed.
4. Rest your arm with the cuff on the table at chest height.
5. Make sure the blood pressure cuff is snug but not too tight. The cuff should be against your bare skin, not over clothing.
6. Do not talk while your blood pressure is being measured.
7. Press the start button.
8. Repeat this two more times, 5 minutes apart.
9. Repeat this process again later in the day.
10. If you receive any error messages, please refer to the troubleshooting guide that came with your device.



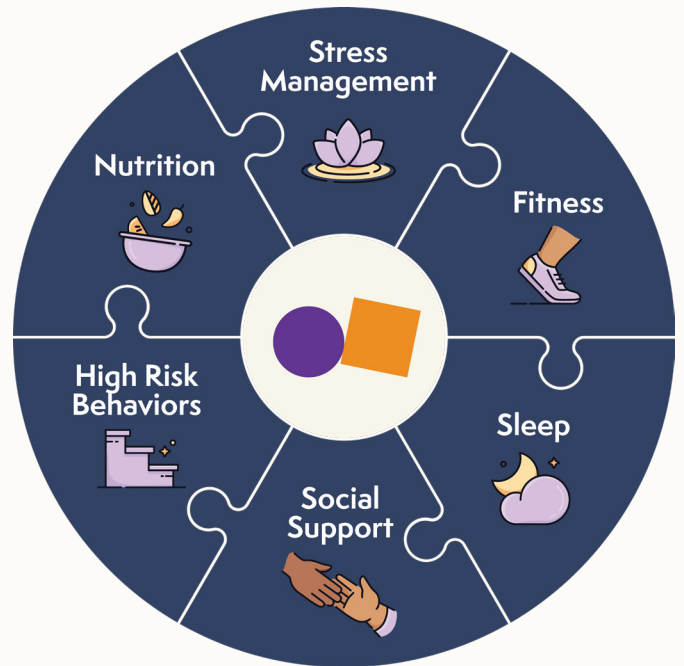
Use your smartphone or tablet to scan the QR code to watch the manufacturer's Youtube video on device setup and instructions.

WHICH LIFESTYLE AREA IS RIGHT FOR YOU?

Each lifestyle area is interconnected and has a direct impact on your overall health and wellness. That's why we've created 6 unique pathway programs – so you can master each area and ensure you make progress and generate lasting results.

Not sure where to begin? Join our **Introduction to Lifestyle Medicine program:**

- Virtual health classes that cover each lifestyle area
- Begin setting goals and building healthy habits
- Monthly Health Coach check-ins to review goals
- Transfer to a Lifestyle Program at any time



See the results, feel the success. Your goals are our mission!



Patients that participated in the Fitness program for an average of 16 weeks had improved mobility by 20%, increased exercise days per week by 54% and minutes per day by 90%.



Within 4 months, patients in the Nutrition program saw significant weight loss, reduction in their waistline, improved blood pressure, triglycerides, cholesterol, HDL, LDL, and glucose.



Patients with moderate to severe depression and anxiety symptoms saw a 52% decrease in symptoms within 3 months of being in the Stress Management program.



Patients with significant insomnia symptoms saw an improvement in sleep by 35% within 3 months of being in the Sleep program.



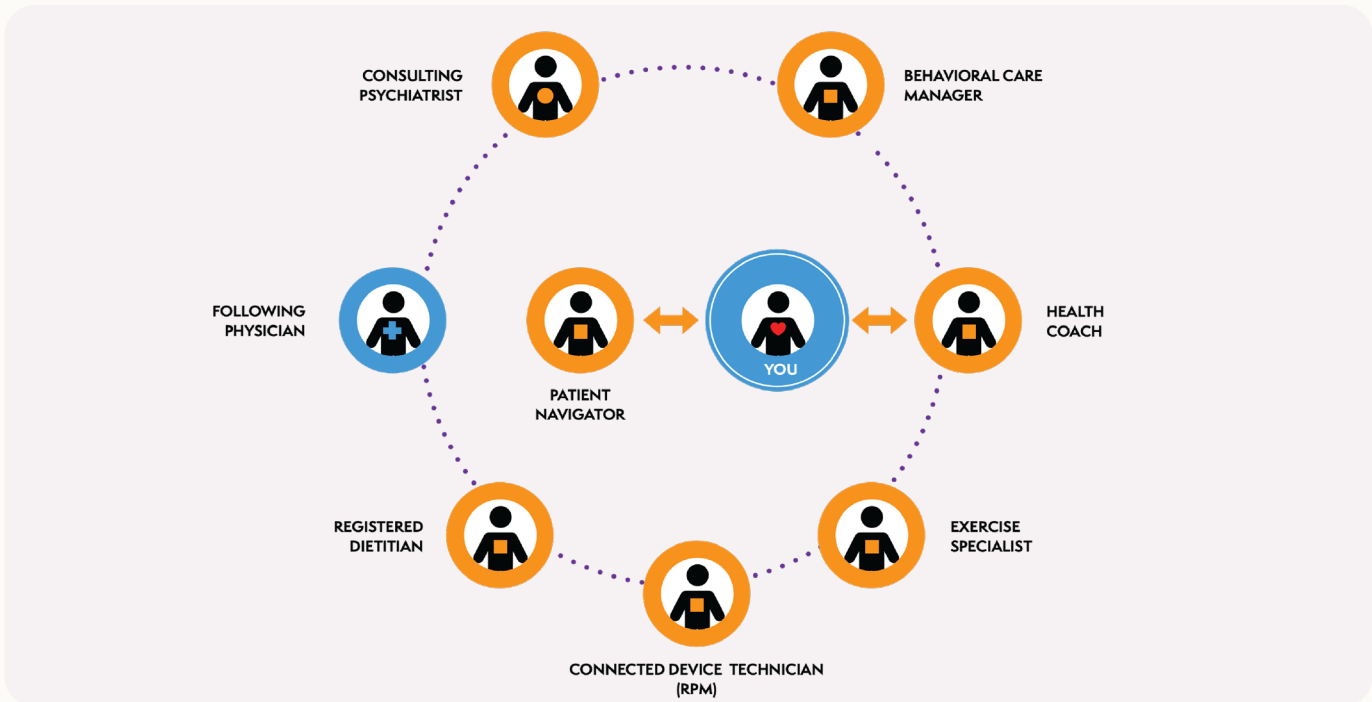
A patient who smoked two packs of cigarettes per day for over 30 years joined the High Risk Behaviors program and was able to quit smoking entirely within 3 months.



Those who participated in the Social Support lifestyle pathway saw a 24% improvement in their social connection with family, peers, and community.

GET TO KNOW YOUR CARE TEAM

Once you select a program you'll be introduced to your care team and begin setting your first goals. After you've completed one lifestyle program you'll be able to select a new one, your care team will grow, and you'll build upon what you've learned.



- Your **Physician** is the doctor that referred you to the Risk Reduction Program. They will remain part of your care team and be notified of your progress.
- The **Patient Navigator** is your first point of contact and will review insurance, eligibility and schedule your initial wellness assessment.
- Your dedicated **Health Coach** will be a major resource to improving your health journey experience. They will continuously work with you to ensure progress is being made.
- Your dedicated **Collaborative Care Manager** oversees your health journey and manages your care team. They ensure your health is progressing and keeps your physician informed.
- The **Consulting Psychiatrist** works with your care team and physician. Psychiatrists are experts in behavior and emotional health and make recommendations directly to your physician should any emotional needs arise in your journey toward healthier behaviors.
- The **Registered Dietitian** provides healthful eating guidance. Join the Nutrition Program for personalized guidance and recommendations with a Registered Dietitian.
- The **Fitness Specialist** provides guidance on physical exercise. Join the Fitness Program for personalized guidance and recommendations with a Fitness Specialist.
- The **Connected Device (Remote Patient Monitoring) Technician** manages your connected device data and ensures your device is working properly. They can also assist with setup and troubleshooting.

FREQUENTLY ASKED QUESTIONS

Is Nudj Health a separate company?

Nudj Health is a partner company to Cardiology and Vascular Associates PC (CAVA). They have a full clinical team that you can leverage to assist you with improving lifestyle choices. They work in collaboration with your CAVA physician based on their recommendations.

How does Nudj Health treat me?

Nudj Health treats you with Lifestyle Medicine using a treatment approach called the Collaborative Care Model (CoCM). CoCM uses a team-based approach to healthcare to improve patient outcomes. The team is made up of multiple healthcare professionals that work together to provide evidence-based treatment and follow-up care. This team includes your ordering physician, your lifestyle medicine physician, care management staff, and a psychiatrist consultant. The care management staff may include nurses, clinical social workers, health coaches, registered dietitians, and fitness specialists.

Why is a consulting psychiatrist part of my care team?

Most chronic diseases develop slowly over time because of behavior and lifestyle choices we make. For example, how we eat, sleep, and exercise are all behaviors that have sometimes turned into habits over the years. Psychiatrists are experts in human behavior and emotions and they help your care team guide you so you can reach your goals. Your explanation of benefits (EOB) may list collaborative care as psychiatric services while you are in the Risk Reduction Program. This does not mean you have been diagnosed with a psychiatric illness. Instead, it refers to the touchpoints you have during the month with your care team, which is directed by our psychiatric team who are experts in behavior change.

Do I have to pay to be part of the Risk Reduction Program?

In most cases, the Risk Reduction Program is covered by your insurance. To check whether your plan covers this program call **(833) 411-6835**.

Is the wellness assessment required?

Yes, the wellness assessment is a critical part in getting started. Your Health Coach uses this to determine which lifestyle area you could most benefit from, as well as a way to monitor your progress.

Can I do multiple lifestyle pathways at the same time?

It is recommended that you work on one lifestyle at a time. Changing behavior can be difficult and focusing on one lifestyle pathway enables you to achieve sustainable change with the support of experts. As you gain success, you can move to additional pathways and build on your achievements.

If you have additional questions, please don't hesitate to reach out.

833.411.6835 • enrollments@nudjhealth.com

You can also message your Health Coach directly.