



LiveWell



What is LiveWell?

A twelve week exercise program designed for people living with diseases such as Cancer, Diabetes, Heart or Vessel Disease, and/or Obesity. Working with your doctor, our fitness team designs a safe and effective exercise plan to meet your needs. Along with exercise, the program gives you the knowledge and tools you need to live as healthy a life as possible.

What to Expect

Entry into LiveWell requires referral from your doctor. The program consists of two staff guided workouts per week for 12 weeks along with optional home workouts. These training sessions include exercises to improve your cardiac fitness, strength and flexibility. Each participant may also receive a consult about their eating habits and healthy diet choices.

Dates and Fees

LiveWell is not commonly covered by insurance plans but is offered at a reduced rate (\$80 for 12 weeks). Sessions are held on Tuesdays and Thursdays at The Center for Health Improvement. Upon completion of the twelve week program, participants who wish to continue to exercise at The Center for Health Improvement can sign up for membership with a waived health enrollment fee.

Obesity

Establishing a safe, tailored activity program may be one of the most important factors in maintaining weight loss. This supervised exercise program allows access to experts who can tailor a program to meet the needs of the individual. Benefits from regular exercise include:

- Increased energy level
- Boost metabolism
- Decreased risk of cardiac disease
- Lower blood pressure
- Enhanced immune system and strengthen bones
- Relieves stress
- Improved sleep

“Regular exercise reduces body fat and protects against chronic illnesses that are associated with obesity. It can reduce blood pressure, improve cholesterol levels, decrease blood sugars and improve joint pain related to weight and arthritis. Exercise will improve mood and increase energy levels when done routinely. The LIVE WELL team allows patients to start improving their health through exercise.”

*Heather Harris, DO
HaysMed Family Medicine*

Cancer

Research confirms that exercise offers the following benefits to those undergoing treatment:

- Reduces nausea
- Reduces fatigue
- Increases tolerance to chemotherapy drugs
- Improves body image
- Decreases pain levels
- Elevates mood

Most notably, it provides a way for cancer survivors to be an active participant in their own treatment and recovery.

“Regular exercise has been shown to reduce side effects commonly associated with cancer and cancer treatments, such as fatigue, weakness, and depression. LiveWell allows patients the opportunity to work with an exercise professional in a supervised setting so they get the most benefit from their activity.”

*Anthony Accurso, MD
Dreiling/Schmidt Cancer Institute*

Diabetes

Adding exercise to a complex health issue such as diabetes can be daunting. Finding a safe environment to begin is essential and guidance from experts in the field can provide direction and ease anxiety. Benefits of long-term exercise may include:

- Improved insulin sensitivity
- Burn excess body fat
- Help decrease and control weight
- Improved muscle strength
- Lower blood pressure
- Reduced risk of cardiac disease
- Increased energy level
- Relieves stress
- Improved sleep

Diabetes is a disease process you have a great deal of control over. Your everyday decisions can make a huge impact on the outcome and severity of your diabetes.

Cardiovascular

Regular exercise is a key component to managing heart disease. Engaging in a supervised program can help reduce symptoms like shortness of breath and fatigue that affect a person's daily life. Some additional benefits may include:

- Increased efficiency of heart and lungs
- Lower blood pressure and cholesterol
- Decreased number of hospital readmissions
- Increased mobility
- Improved sleep
- Improved energy
- Relieves stress

“The three most important requirements for heart health are exercise, heart healthy diet and medications. The most important requirement based on long term studies is EXERCISE! So get going and let the Heart Beat On!”

*Mohammad Janif, MD
HaysMed DeBakey Heart Institute*

Patient Information

Patient Name _____ Date of Birth _____

Patient Phone _____

- LiveWell Program
 - Cancer Track
 - Diabetes Track
 - Heart Track
 - Overweight/Weight Loss
 - Other
- Patient is cleared for unsupervised exercise

Please list any precautions/special conditions for exercise clearance:

Physician Information

Physician Name (print) _____

Physician Signature _____ Date _____

Clinic _____

Phone _____ Fax _____

Method of Communication

Patient refusal or outcomes will be faxed.

Fax completed form to:

The Center for Health Improvement | 2500 Canterbury Drive, 67601

Phone 785-623-5900 | Fax 785-623-5064

Thank you for prescribing exercise.

Discrimination is Against the Law

Hays Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Hays Medical Center does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Hays Medical Center provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Hays Medical Center provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact the Director of Clinical Care Coordination at 785.623.5297, or the Operator at 785.623.5000.

If you believe that Hays Medical Center has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Chief Legal Officer
 Hays Medical Center
 2220 Canterbury Drive
 Hays, Kansas 67601
 Telephone Number: 785.650.2759
 TTY/TDD or State Relay Number: 800.766.3777 (V/T); or Dial 711
 Fax: 785.623.5524
 Email: joannah.applequist@haysmed.com

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Joannah Applequist, Chief Legal Officer, is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
 200 Independence Avenue, SW
 Room 509F, HHH Building
 Washington, D.C. 20201
 1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATTENTION: If you speak a language other than English, language assistance services are available to you free of charge. Call 1-855-429-7633 (TTY: 1-800-766-3777).

SPANISH
 ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-429-7633 (TTY: 1-800-766-3777).

VIETNAMESE
 CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-429-7633 (TTY: 1-800-766-3777).

CHINESE
 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-855-429-7633 (TTY: 1-800-766-3777)。

GERMAN
 ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-429-7633 (TTY: 1-800-766-3777).

KOREAN
 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-855-429-7633 (TTY: 1-800-766-3777)

LAOTIAN
 ໂປດສາ: ຖ້າວ່າທ່ານເວົ້າພາສາລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສຍຄ່າ,
 ຄຳນຳພາສາອາໄສທ່ານ. ໂທ 1-855-429-7633 (TTY: 1-800-766-3777).

ARABIC
 ملحوظة: بالمجان لك توافر اللغوية المساعدة خدمات فإن، اللغة اذكر تتحدث كنت إذا: ملحوظة
 1-855-429-7633 (TTY: 1-800-766-3777).

TAGALOG
 PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-855-429-7633 (TTY: 1-800-766-3777)

BURMESE
 သတိပြုရန် - အကယ်၍ သင်သည် မြန်မာစကားကို ပြောပါက၊ ဘာသာစကား အကူအညီ၊ အခမဲ့ သင့်အတွက်
 စီစဉ်ထားရှိပေးပါမည်။
 ဖုန်းနံပါတ် 1-855-429-7633 (TTY: 1-800-766-3777) သို့ ခေါ်ဆိုပါ။

FRENCH
 ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-855-429-7633 (TTY: 1-800-766-3777).

JAPANESE
 注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます1-855-429-7633 (TTY: 1-800-766-3777)まで、お電話にてご連絡ください。

RUSSIAN
 ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-855-429-7633 (телетайп: 1-800-766-3777).

HMONG
 LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-855-429-7633 (TTY: 1-800-766-3777).

PERSIAN (FARSI)
 توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با (TTY: 1-800-766-3777) تماس بگیرید.
 1-855-429-7633

SWAHILI
 KUMBUKA: Ikiwa unazungumza Kiswahili, unaweza kupata, huduma za lugha, bila malipo. Piga simu 1-855-429-7633 (TTY: 1-800-766-3777).