

CHALLENGE ONE

SEARCH FOR GREAT HEALTH

LIVE FOR LIFE Services & Programs

Because Duke cares about the health of each employee, many informative and fun events and opportunities are offered to support you in your goals toward better health and fitness.

Eligibility

Some offerings are available to eligible Duke employees and others require that you are eligible for health insurance through Duke. The following opportunities are available to eligible Duke employees:

- **Special request programs and classes:** a variety of health, fitness, ergonomic and injury-prevention topics are available for staff meetings, in-services, or special conferences - classes can be conducted at your own work area at your convenience
- **Health Resource Library:** full of health-related books, tapes and videos
- **Special events, healthy challenges, contests and health screenings** offered throughout the year

Duke employees, faculty and staff who are eligible for health insurance through Duke may also choose to participate, in:

- **HealthCheck:** a confidential health assessment including blood pressure, cholesterol, height, weight, Body Mass Index, and assistance in making lifestyle changes (a summary report can be sent to your physician)
- **Health education classes (in both classroom and self-paced settings):** to help you adopt positive health habits
- **Personal health counseling through "Pathways To Change":** confidential assistance for high blood pressure, high cholesterol and/or smoking
- Personal **consultations** in nutrition and/or fitness
- **LIVE FOR LIFE** newsletters
- Participate in the [Steps to Health](#) program and earn LIVE FOR LIFE dollars: items can be purchased in the LIVE FOR LIFE store

We encourage everyone to take advantage of these personally rewarding opportunities. Additional information is available by calling the LIVE FOR LIFE office at 684-3136 (Option 1).

LIVE FOR LIFE Smoking Cessation

Habits are hard to break, especially when it comes to the highly addicting qualities of nicotine. Becoming smoke-free is a process involving different stages of change: first you consider quitting, then you make the decision to quit, you quit, and finally you remain a non-smoker. Because smoking is linked to the number one cause of death in the U.S., heart disease, as well as many other serious health conditions, you can help yourself by starting your smoking cessation program today.

Smoking Cessation Program Options

QuitSmart Classes and Individual Counseling

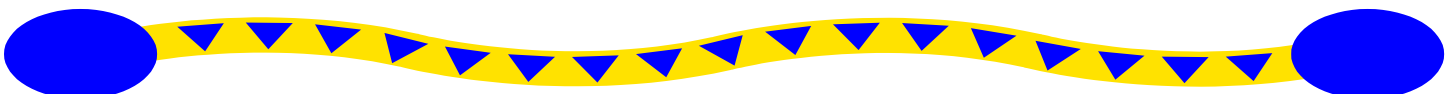
In just three sessions, you can gain freedom from cigarettes. QuitSmart combines powerful treatments to help you break free from cigarettes. You will learn how to use hypnosis audiotapes, and make decisions about smoking cessation medications to ease off of nicotine and ultimately break the habit of smoking. There are fees for QuitSmart Classes and Individual Sessions. Rebates are available for eligible Duke faculty and staff.

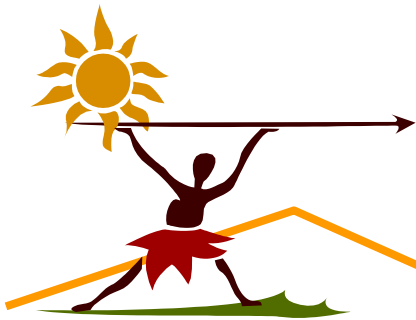
QuitSmart Stop Smoking Kit

For employees wishing to quit on their own, the QuitSmart Stop Smoking Kit is available from LIVE FOR LIFE. It includes an informative 96-page guide, a relaxation and self-hypnosis audiotape, and a patented realistic cigarette substitute. The kit is free to eligible Duke faculty and staff.

Stop Smoking Personal Action Guide

If you want to learn more about quitting, but aren't ready to take action, this 16-page booklet presents the skills you need to change your habits and leave smoking behind for good. This booklet is available on request to Duke employees. Just call or email LIVE FOR LIFE to request your booklet today.





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LivingFree Web-Based Smoking Cessation Program

Faculty and staff who wish to get support in quitting smoking on the computer can request the LivingFree program. LivingFree is a three-week online program, customized to the individual. Participants receive personalized feedback, an online manual and a program calendar to help assure success. LivingFree allows you to review completed sessions and access support for three months. This program is free to eligible Duke faculty and staff.

A Call to Change...Partners In Quitting Telephone Counseling Program

Partners In Quitting is a personalized course designed to help adults prepare for and quit smoking. Course participants work through the program with a tobacco cessation specialist. This program consists of up to nine telephone counseling sessions, a self-management tool - The Sure-fire, Fifty-Day Way to Stop Smoking calendar, referral to community resources and follow-up six months after course completion. This program is free to eligible Duke faculty and staff.

LIVE FOR LIFE Blood Pressure & Cholesterol

If you have high blood pressure, it is important to manage it. The best strategy may be to make lifestyle changes --eating healthfully, exercising regularly, controlling your weight and managing stress. If you have elevated cholesterol, the good news is that you can lower your cholesterol by reducing the fat in your diet, increasing your physical activity and managing the stress in your life. It is recommended that, beginning at age 20, you have your cholesterol measured at least once every five years. Here are programs and resources to help you manage your blood pressure and cholesterol

Pathways

What is Pathways To Change?

- Pathways To Change (PTC) is a free confidential program for Duke employees who are at risk of heart disease or stroke because of high blood pressure or high blood cholesterol. Pathways To Change is part of LIVE FOR LIFE's Duke employee health promotion program. The PTC program is a twelve month program.

Who can join?

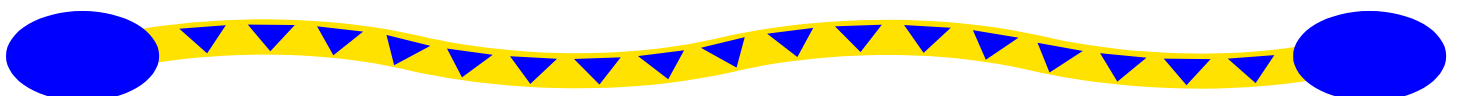
- Any Duke employee who is eligible for full health benefits and who:
 - Has high blood pressure (Top 140 or above, and/or Bottom 90 or above) and/or
 - Has high blood cholesterol (240 or over)

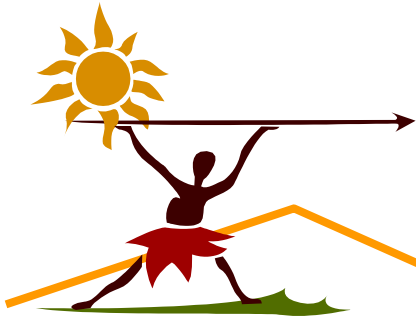
How do I join Pathways To Change?

- You join after attending a HealthCheck (a thirty minute health assessment). If your blood pressure and/or cholesterol meet the above criteria when you are seen at HealthCheck, you are referred to the PTC program. When space is available a PTC leader will contact you about the program.
- Employees who have not had a recent HealthCheck and learn that they have high blood pressure or high cholesterol at a blood pressure or cholesterol screening, fitness evaluation, doctor's office, Employee Health Office or by self-testing can arrange to have a HealthCheck. To schedule your personal HealthCheck call LIVE FOR LIFE at 684-3136 (Option 1) or stop by our office in the Employee Health and Wellness office on the ground level of the Red Zone in the Duke South Clinic, Monday -Friday.

How will the Pathways To Change leader help me with my risk factor(s)?

- The PTC leaders are experts in your risk factor(s). They are trained to help you in a brief ten minute contact every month for one year. Once a month your leader will call you for a ten minute phone counseling session. Four times a year, your PTC leader will meet with you on your break at your worksite or they will meet you at the LIVE FOR LIFE office. Your blood pressure or cholesterol will be checked four times during the year to give you feedback about how you're doing.





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Call Live for Life at
681-0534 – for appointments

All Full time Duke Employees are eligible for this benefit.

A FREE 30-minute personal health assessment for Duke Faculty and Staff that measures cholesterol, blood pressure, height and weight. Our expert staff will help you start or maintain lifestyle changes

October 5, 2006

[LIVE FOR LIFE HealthCheck](#)

Time: 10:00-4:00p

Location: Duke Clinic, Labs, 4th Floor Purple Zone Double Elevator

October 11, 2006

[LIVE FOR LIFE HealthCheck](#)

Time: 3:00-9:00p

Location: Duke North 5th Floor Staff Elevator Lobby

November 21, 2006

[LIVE FOR LIFE HealthCheck](#)

Time: 7:30 am – 11:30 am

Location: Engineering & Operations West Main St.

