



The Lifestyle Medicine Clinic

AT CREIGHTON UNIVERSITY

Creighton University is committed to promoting and encouraging a healthy environment for students, faculty, and staff. An embodiment of this commitment was started in 2009 with The Lifestyle Medicine Clinic at Creighton University.

The purpose of this service is to provide a progressive and unique employee health program aimed to prevent, treat, and/or reverse chronic illness through the promotion of healthy lifestyle behaviors (lifestyle medicine). This program strives to improve health and quality of life, reduce health risks, and contain costs associated with chronic disease

What are the eligibility criteria for the program?

To be eligible for the Lifestyle Medicine Program, participants must meet all of the following criteria:

- Employee of Creighton University
- Enrolled in Creighton University's healthcare benefit plan
- Have an existing diagnosis of diabetes, pre-diabetes, high blood pressure or high cholesterol (or any combination thereof)
- Use the Creighton University Clinic Pharmacy for prescription medications
- Participate in the SimplyWell Health Screening

Who will I be working with? You will be working with a state licensed pharmacist who specializes in lifestyle medicine, medication therapy management and care coordination.

What are some of the program benefits? Participants will receive a comprehensive lifestyle evaluation and a personalized lifestyle medicine program including lifestyle prescriptions for nutrition, physical activity, sleep, stress and weight loss or tobacco/alcohol use (if needed). Participants will receive assistance with the coordination of your health care needs, personalized education and medication therapy optimization by a pharmacist. Creighton University will pay for participant's medications that lower blood pressure, cholesterol or blood sugar. Participants will have their cardiovascular risk assessed and monitored throughout the program via blood pressure, heart rate, blood glucose, cholesterol, and body mass index measurements. Individual eating plan. Group diabetes education courses are available and each participant will receive a home blood pressure monitor (if diagnosed with hypertension).

How do I retain the medication benefit? Program participants will receive free blood pressure, cholesterol and diabetes medications for the first six months of participation. After six months, the medication benefit will be retained if the participant meets four of the following six criteria: 1) Participant is at or below target systolic AND diastolic blood pressure 2) Participant is at or below target A1c 3) Participant is at or below target LDL cholesterol 4) Participant maintains a BMI \leq 29.9 OR shows and maintains a 10% weight loss from baseline 5) Participant consistently obtains 150 minutes of moderate exercise per week OR 75 minutes of vigorous exercise per week 6) Participant consistently obtains 5 or more fruits and vegetables (combined) daily

What is the length of the program? The philosophy of this program is that there is a start date, but not an end date. Participants can be in the program for as long as they wish and continue to meet the eligibility criteria.

Is the program voluntary? Yes. The program is completely voluntary and those taking part in the program can withdraw at any time.

Is my personal health information shared with Creighton University Human Resources? No. Human Resources will know that you are participating in the program but will not have access to your personal health information that is collected while you are in the program. All information will be kept confidential between the Medical and Clinical Directors and your primary care physician.

Where are the appointments located? There are two locations for appointments: The Creighton Clinic Pharmacy located at 24th and Cuming in the CHI University Campus building and Room 140A in the Hixson Lied Science Building.

What are the days and times for the appointments? Appointments will be made Monday - Friday during normal business hours.

Is there a fee for participating in the program? No. The program is available at no charge to eligible employees.

Want to learn more? Interested in signing up?

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