



# VITAL INVESTMENT PROGRAM TOPICS LIST

My Health Onsite wellness specialist programs may be incentivized depending on the employer. These programs are administered onsite, telephonically or via WebEx (video platform) by the Registered Dietitian, Nurse Educator or Health Coach. The MyVIP program provides advanced education and is personalized to the goals of the patient. The program consists of two 40-minute visits with the specialist (at minimum). The sessions are a free service and there is no limit to the number of visits.

## Registered Dietitian

- Weight Management
- Weight Loss Medication\*
- Nutrition\*\*
- Diabetes Advanced (Dietary)
- Benefits of Meal Prepping

## Nurse Educator/Health Coach

- PCOS (*polycystic ovarian syndrome*)
- Diabetes Advanced (*Clinical*)
- Rhabdomyolysis
- Hypertension Advanced
- Better Sleep
- Menopause
- Osteoporosis
- Heat Related Illness
- Avoiding Preventable Back Injuries
- Arthritis
- Fibromyalgia
- Beginning a Walking Program\*\*\*\*
- Eight Dimensions of Wellness
- Hyperlipidemia (*high cholesterol*)
- Fatty Liver
- Migraine Headaches
- Alcohol and Your Health
- Alzheimer's and the Caregiver
- Benign Prostatic Hyperplasia
- Stroke Risk Factors
- Tobacco Cessation\*\*\*
- Stress Management
- Healthy Living
- Exercise for Life\*\*\*\*

\*My Health Onsite provider will prescribe the weight loss medication and regular visits with a dietitian for lifestyle and behavior changes are strongly recommended.

\*\*Nutrition is an open topic and can cover a large list of concerns including but not limited to GERD, IBS, PCOS, hypertension, hyperlipidemia, Hashimoto's disease, pregnancy, post-partum, etc.

\*\*\*The Tobacco Cessation program is 6 sessions (40-minute each) that will be performed with your Nurse Educator or Health Coach.

\*\*\*\*These programs are only done with the Health Coach who has a background in exercise physiology.



For Additional Wellness Offerings  
Login to Your **WELLNESS PORTAL**  
(Password: *Wellness1*)

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