

Employee Lifestyle Focus Program

Sullivan County employees are fortunate to have county leaders who believe in healthy lifestyles and who support programs geared toward assisting these personnel with lifestyle choices, changes, and challenges. By targeting those employees with a diabetes diagnoses, better management of their diabetes healthcare decisions and a greater level of wellness can be achieved. Specifically dedicated to helping our employees take a more active role in their personal wellness, the Employee Lifestyle Focus program will assist in ensuring that the participants have the resources necessary to make better healthcare decisions and equip and empower them to manage their condition through identification, education, prevention and early detection of complications.

The employee will receive confidential one on one consultation with a Registered Nurse/diabetes educator. Ideally, this time will be spent during the employee's work day. The employee will also be rewarded by receiving their diabetic supplies free of copays as well as other benefits. The employee's voluntary participation has specific criteria that must be met in order to continue receiving program incentives. This program targets several main purposes including: encouraging employees with diabetes to better manage their condition and live a healthy and productive life; saving the employees money by allowing them to obtain diabetic medications and supplies without co-pays; and to save Sullivan County tax dollars by reducing the amount of health insurance monies spent on emergency room visits, additional diagnoses' and hospital stays.

Group classes will be offered and will focus on key self-care behaviors including an active lifestyle, healthy eating, medication compliance, monitoring blood glucose levels, problem solving, the reduction of risks of diabetes complications and health coping strategies. Individuals will work with the diabetes educator/RN to identify goals and obstacles in an effort to self-manage this chronic disease.

This program is for individuals who desire to work toward success through behavior changes, medication compliance, best medical practice criteria and active participation. Nothing is more important than your health. And when you have a chronic condition, staying healthy can present additional challenges. You may need help in understanding your condition and managing your disease. That's what this health improvement program is all about.

Please call us at (423)279-2165 to make an appointment or if you have any questions about our programs.

