

## Who Should Attend

- + Adults 18 and older
- + Individuals
- + Families
- + Faith congregational groups
- + Organizations and work groups
- + Those in need of help in managing conditions of diabetes, heart and vascular health and hypertension

## Referral

Anyone can refer themselves; no physician referral is required.

## Cost

There is no charge for ENGAGE programs.

**ENROLL  
NOW!**

**Enrollment is easy! Please provide your name, address and phone number through any of the options below:**

**Phone:** (614) 566-9347

**Fax:** (614) 566.8423

**Email:** [kathryn.livisay@ohiohealth.com](mailto:kathryn.livisay@ohiohealth.com)



## Programs are offered at the following locations\*:

### OhioHealth Doctors Hospital

5100 West Broad Street  
Columbus, Ohio 43228

### OhioHealth Dublin Methodist Hospital

7500 Hospital Drive  
Dublin, Ohio 43016

### OhioHealth Grove City Health Center

2030 Stringtown Road  
Grove City, Ohio 43123

### OhioHealth McConnell Heart Health Center

3773 Olentangy River Road  
Columbus, Ohio 43214

### OhioHealth Neighborhood Care Center — Eastside

4850 East Main Street  
Columbus, Ohio 43213

### OhioHealth Pickerington Medical Campus

1010 Refugee Road  
Pickerington, Ohio 43147

### OhioHealth Westerville Medical Campus

300 Polaris Parkway  
Westerville, Ohio 43082

### OhioHealth Riverside Family Practice Center

697 Thomas Lane  
Columbus, Ohio 43214

*\*Program offerings vary by location.*

# ENGAGE

*Making you the lifestyle expert  
for your health and wellness*

**Empowerment** – Being equipped to manage your health

**Nutrition** – Eating that contributes to health and wellness

**Goals** – Small, achievable steps for long-term success

**Activity** – Purposeful movement supporting health and wellness

**Guidance** – Expert health counseling and tools for health and wellness

**Education** – Evidence-based knowledge, information and instructions



**ENGAGE**

# Interactive Health Literacy Education

ENGAGE is a broad-based, health and wellness program that raises awareness and educates participants about risk factors associated with heart and vascular disease and associated health conditions.

The program emphasizes heart and vascular health, hypertension and diabetes management.

ENGAGE emphasizes a wholeness approach; meeting participants where they are in life, to begin making healthy lifestyle changes through the use of interactive education, tools and training.



## Screening Component

In each program, participants are provided a one-hour appointment with a nurse to set goals for a lifestyle change.

The screening component includes some or all of the following assessments:

- + General health risk assessment
- + Diabetes assessment
- + Blood pressure
- + Cholesterol
- + Glucose/HbA1c
- + Body mass index (weight/height)
- + Depression/anxiety screening
- + Tobacco screening

## ENGAGE Programs

### ENGAGE Heart and Vascular Health and Wellness – “In the Driver’s Seat”

This four and half hour workshop provides education on key health risk factors and their impact on heart and vascular and other chronic conditions.

#### Topics include:

- + Diet and nutrition
- + Physical activity
- + High blood pressure
- + Diabetes
- + Cholesterol
- + Stress
- + Smoking and tobacco use
- + Obesity and weight management
- + Spirituality and change behavior

### ENGAGE Small Steps to Diabetes Management and Control

This eight week self-care, self-motivated learning experience is designed to educate, empower and support living well with diabetes.

#### Topics include:

- + Interactive learning curriculum
- + Life application around diabetes management
- + Coaching and goal setting
- + Diabetes related diet, nutrition and stress
- + Medications, weight and complication management
- + Community-based skill through grocery store tour, eating-out experience and an optional free six week cooking class
- + Six month follow up assessment