

Highmark Division of Preventive Health Services Preventive Health Network



Dr. Dean Ornish Program for Reversing Heart Disease®:

The Dean Ornish Program for Reversing Heart Disease is a non-invasive treatment option that combines four components to slow, stop and even reverse the progression of coronary artery disease.

This treatment option combines stress management, moderate exercise, group support and a low-fat, whole foods nutrition plan. Clinical outcomes consistently demonstrate that the Ornish participants show improvements in: blood pressure, weight, BMI, cholesterol, angina, depression, hostility and vitality.

Clinical/Medical Criteria

Who can benefit from this program?

- People who have been diagnosed with coronary artery disease, such as heart attack, angina or diabetes.
- People with significant risk factors, such as high cholesterol, high blood pressure, obesity or genetic predisposition.
- People who have a history of cardiac events and want to avoid or minimize the chance of recurrence.
- People seeking non-invasive options to bypass surgery or angioplasty.

Clinical staffing

The Ornish Team at each hospital site consists of: a physician, nurse case manager, exercise physiologist, registered dietitian, licensed behavioral health clinician and certified stress management instructor. These dedicated teams of caring professionals provide support every step of the way.

Pennsylvania Ornish Sites:

Allegheny General Hospital	Pittsburgh, PA
DuBois Regional Medical Center	DuBois, PA
Frick Hospital, Part of Excelsa Health	Greensburg, PA
Hamot Medical Center	Erie, PA
Jameson Health System	New Castle, PA
Kane Community Hospital	Kane, PA
Lehigh Valley Hospital	Trexlertown, PA
Mon-Vale HealthPLEX affiliated with Monongahela Valley Hospital	Monongahela, PA
Westmoreland Regional Hospital, Part of Excelsa Health	Greensburg, PA
Windber Medical Center	Windber, PA

West Virginia Ornish Sites:

Charleston Area Medical Center	Charleston, WV
St. Mary's Hospital	Huntington, WV
United Hospital Center	Clarksburg, WV
West Virginia University Hospitals	Morgantown, WV
Wheeling Hospital	Wheeling, WV

For more information call 1-800-879-2217. Coverage for the Ornish program varies by Highmark plan. Members may call the 800 number on the back of their insurance card for more information. Medicare recipients with Part "B" coverage and a diagnosis of heart disease may also be eligible.

Community Programs

Preventive Health Services is providing new opportunities to help members live longer, healthier lives by participating in lifestyle improvement classes that are experiential and offer real-life solutions to wellness issues we face such as: smoking, nutrition, weight management, stress management and osteoporosis. Designated hospitals will also offer Ornish Advantage, a program to prevent heart disease, derived from the world renowned Dr. Dean Ornish Program for Reversing Heart Disease.

Programs:

Eat Well for Life is a 4-week lifestyle improvement program promoting wellness and long-term weight management through balanced nutrition. Eat Well for Life participants obtain the knowledge to make healthful food choices and are encouraged to adopt the nutrition practices to achieve a balanced lifestyle and long-term weight management.

Discover Relaxation Within is a lifestyle improvement program that identifies and reduces individual stressors through specific relaxation techniques. Four weeks in length, this program is both experiential and educational in nature.

HOPE (Highmark Osteoporosis Prevention and Education Program) is a 6-week lifestyle improvement program that focuses on healthy choices to prevent or manage osteoporosis. Program components include an overview of osteoporosis, nutrition education and a cooking demonstration, strength training exercises, medication options and stress management.

Personal Nutrition Coaching by a registered dietitian and/or licensed nutritionist is available for individuals specifically seeking nutrition counseling related to weight management, heart health and diabetes. The goal of personal nutrition coaching is to provide an individualized plan that can be easily integrated into the participant's lifestyle.

Clear the Air is a one-session smoking cessation program that gives participants the tools needed to get prepared, take action and quit for good.

Ornish Advantage is a 6-week program to help prevent heart disease and improve overall health. Participants learn about the clinically proven and scientifically validated, Dean Ornish Program for Reversing Heart Disease, through its trained and compassionate staff. Components include: practicing stress management techniques to relax and improve overall well being, learning a moderate exercise program and group support, to improve communication. Participants will also learn about the whole foods, low fat nutrition plan that is tailored by the program's registered dietitian. This plan features recipes and cooking demonstrations to enjoy, eating out tips and nutrition label reading.

Programs are available at the following locations*

- Allegheny Valley YMCA
- Community Connection at Somerset Hospital
- Downtown YMCA - Pittsburgh
- Dubois Regional Medical Center
- Eastern Suburban Family YMCA
- Frick Hospital, Part of Excelsa Health
- Greater Johnstown Community YMCA
- Hamot Health Connection
- Hamot Ornish Center
- Hamot Wellness Center
- Jameson Health System
- Jewish Community Center of Greater Pittsburgh
- Kane Community Hospital
- Mind-Body Wellness Center at the Meadville Medical Center
- Mon-Vale HealthPLEX affiliated with Monongahela Valley Hospital
- North Hills Area YMCA
- Penn Hills YMCA
- Sharon Regional Health System
- Shenango Valley YMCA
- Uniontown Area YMCA
- Western Area YMCA
- Westmoreland Regional Hospital System, Part of Excelsa Health
- Wilmerding YMCA
- Windber Medical Center
- YMCA of Greater Erie

*Not all programs are available at all locations. Call for information 1-800-879-2217. There is no fee for Highmark members to participate in these programs

Online and Telephonic Programs

The Discount Directory offers discounts on health-related products and services from more than 500 businesses throughout Pennsylvania and across the nation. Highmark Blue Shield members receive discounts ranging from 10 to 50 percent on products and services from massage therapists, acupuncturists, homeopathic practitioners, health clubs, day spas, and exercise equipment vendors, among many others. Members can access the directory at www.highmarkblueshield.com.

(HOPE) Highmark Osteoporosis Prevention and Education Online Program provides a risk assessment (the SCORE PLUS), nine educational programs and other resources (recipes, exercise and nutrition logs, etc.). Educational programs include: overview and prevention of osteoporosis, nutrition, exercise, fall prevention, medication options and supplements. Program is available to users at www.highmark.com/hope.

Telephonic Smokeless[®] Tobacco Cessation Program is a one-year telephone-based program conducted by a professional tobacco cessation specialist, who helps tobacco users quit at their own pace. This program can be reached by dialing 1-800-345-2476.

HealthMedia[®] is a series of five online programs that offer personalized support for lifestyle improvement. Whether participants want to manage their weight, decrease stress, quit smoking, improve eating habits or make healthier lifestyle choices in general, these programs can help them meet their wellness goals. They include:

- **HealthMedia[®] Breathe[™]** Smoking Cessation Program – Breathe provides a customized, four-part action plan with a program length based on the participant's chosen quit date. After answering a detailed questionnaire, participants receive a 16-page tailored action plan and three follow-up tailored action plans that are delivered at critical relapse times after the quit date. Follow-ups are designed to promote confidence and motivation, increase active participation in the change process and prevent relapse.
- **HealthMedia[®] Nourish[™]** Nutrition Program – Nourish is an 8-week program including a 16-page action plan and three follow-up tailored action plans delivered at two, four and eight weeks into the program. It includes personalized techniques for making healthy food choices when dining out, shopping and preparing meals.
- **HealthMedia[®] Balance[™]** Weight Management Program – Balance is a 6-week weight management and physical activity program that offers a personally tailored action plan that provides techniques and strategies for making healthy food choices, increasing physical activity, and avoiding the emotional triggers that lead to overeating. Three follow-up tailored action plans reinforce changes and provide additional support.
- **HealthMedia[®] Relax[™]** Stress Management Program – Relax helps adults effectively cope with stress resulting from school, family, work, health, relationships, and finances. It helps participants improve their stress coping skills, reduce stress levels and manage the physical and psychological consequences of chronic stress. It is a five-week program that includes a tailored action plan and three follow-up tailored plans.
- **HealthMedia[®] Care for Your Health** is designed to help individuals take charge of their chronic conditions, such as diabetes, asthma, migraines, high blood pressure and high cholesterol. Through a personalized plan, Care for Your Health provides assistance with medication compliance, emotional issues such as stress and depression, symptom management and lifestyle behaviors that may have an impact on health.

It only takes a few minutes for our members to get started. Here's how:

1. Members go to Highmark's Web site at www.highmarkblueshield.com.
2. They complete the login process, entering username and password.
3. They scroll to the bottom of the page where it lists "Lifestyle Improvement Programs".
4. They choose the program in which they wish to enroll.
5. They complete the program questionnaire to receive a customized guide for improving their health.

To learn more about any of these programs, members may visit www.highmarkblueshield.com or call 1-800-879-2217.