

# 2024 LIFESTYLE EDUCATION PROGRAM

The purpose of the Lifestyle Education Program is to provide members with an opportunity to gain knowledge and skills, with the intention of improving or maintaining personal health and well-being.

Areas of focus include but are not limited to:

- Physical Health
- Nutrition
- Sleep
- Wellbeing
- Stress and Resilience
- Parenting
- Youth Camps and Coaching
- Community Lifestyle Education Classes

## PROGRAM OVERVIEW

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Standard and Choice Medical Plan Members can be reimbursed up to \$500 per member per Calendar Year for Lifestyle Education programs found on the APPROVED list.

High Deductible Plan Members must reach their deductible prior to receiving reimbursement.

The Human Resources Benefits team will determine what programs are covered for the calendar year. This list will not change, and no new options will be added until the following year.

If you have a program recommendation to add, please send it to the Benefits Team at [hr\\_benefits@larimer.org](mailto:hr_benefits@larimer.org) and we will evaluate it to determine if it is something that could be added for the following calendar year.

Note: Not all program recommendations will be approved.

## EXCLUSION LIST\*

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- Co-pays or other member/patient financial responsibility for medical, vision or prescription claims.
- Gym Memberships.  
*Note: Physical activity programs may be included and are subject to review and approval for reimbursement.*
- Physical Activity Event Registration Fees. i.e. Triathlon Registration fee.
- Food, supplements, dietary aids.
- Metabolic Research Center, Slimgenics, or programs encouraging drastic weight loss.
- Equipment such as shoes, weights, books and fitness devices (i.e. Apple Watch, Oura Ring, Fitbit, etc.).

\* This is not an all-inclusive list.

## HDHP MEMBERS

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Members are responsible for paying the full cost for these programs up front and they will NOT be reimbursed until the deductible is met. However, HDHP members can use HSA money to pay for this if desired.

## QUESTIONS?

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Email the Benefits Team at [hr\\_benefits@larimer.org](mailto:hr_benefits@larimer.org), or call 970-498-5970.



# APPROVED PROGRAMS & RESOURCES

## PHYSICAL HEALTH

### APPLE FITNESS+

**Website:** <http://fitness.apple.com/>

Access thousands of video and audio workouts - everything from HIIT to Yoga to guided meditations. Take it further with personalized metrics from Apple Watch. Find it in the Fitness app on iPhone, iPad, or Apple TV.

### CORE MOTION

**Website:** <https://coremotion.fitness/nutrition/>

Boot Camps and Nutritional Coaching programs are both covered. Physical activity education and group training, along with nutrition education, food journaling and support. Weight loss or gain, fueling for workouts/activities and recovery, preventing or managing chronic conditions, tailoring nutrition habits across the lifespan, eating well as a household, personalized meal planning, food prep and cooking advice.

### CSU ADULT FITNESS

**Website:** [www.chhs.colostate.edu/hes/outreach-and-engagement/adult-fitness/](http://www.chhs.colostate.edu/hes/outreach-and-engagement/adult-fitness/)

Individualized strength, cardio and mobility sessions led by a CSU Department of Health and Exercise Science student. Providing clinical experiences for students and a forum for research while promoting the benefits of physical activity to the participant.

### CURABLE HEALTH

**Website:** <http://curablehealth.com>

Provides widespread access to evidence-based, safe, and effective chronic pain solutions for all those in need.

### F45

**Website:** <http://f45training.com/fortcollinsdowntown/home>

Cardiovascular and strength circuit-training in a coached, non-competitive small-group setting. Approved programs include 4-6 week challenges and 10 or 20 class packages.

### JIU JITSU SELF DEFENSE

**Website:** <https://academyofgrind.com/>

**Phone:** (720) 431-5123

25 weeks of training specifically tailored to understanding the application of jiu jitsu and its practices.

### LOVELAND SPENGA

**Website:** <https://lovelandco.spenga.com/>

SPENGA combines the three pillars of fitness to create what's simply known as the best workout ever. Spin, strength training and yoga workout packs of 10, 20 or 30 good at Loveland location.

### ORANGE THEORY

**Website:** [www.orangetheory.com](http://www.orangetheory.com)

Heart rate-based interval training. This multidimensional workout of rowing, cardio, and strength training allows for you to maximize your workout. Good for 10, 20, or 30 punch passes only.

### OURA APP

**Website:** <https://ouraring.com/oura-experience>

Membership provides sleep, heart rate, temperature and activity information. Device purchase is excluded from reimbursement.

### PERSONAL TRAINING WITH AMBER MILLER

**Email:** [ambermillerstrengthco@gmail.com](mailto:ambermillerstrengthco@gmail.com)

This is a personalized program including pre and post assessment, workout instruction, goal setting, habit change, nutrition coaching, and weekly check-ins.

# APPROVED PROGRAMS & RESOURCES

## PHYSICAL HEALTH (cont'd)

### STRETCH LAB

**Website:** [www.stretchlab.com](http://www.stretchlab.com)

One-on-one Assisted Stretch Studio · Program includes 12, 25-minute sessions or 6, 50-minute sessions.

### THE STOKED METHOD APP

**Website:** [www.kirastokes.com/the-stoked-method](http://www.kirastokes.com/the-stoked-method)

Form-focused, science-backed flow of movement including functional and traditional methods.

### WHOOOP APP

**Website:** [www.whoop.com/](http://www.whoop.com/)

Personalized fitness and health coach app analyzes your key metrics like HRV and resting heart rate to determine a daily recovery score and shows you how specific lifestyle and training behaviors.

## NUTRITION

### FORT COLLINS NUTRITION

**Website:** [www.ftcollinsnutrition.com](http://www.ftcollinsnutrition.com)

Intuitive Eating class includes individualized nutrition assessment, group education and support; focused on nutrition and lifestyle.

### FUNCTIONAL MEDICINE: DR. EMILY ANDERSON

**Website:** [www.themintmd.com](http://www.themintmd.com)

Treatment for digestive, endocrine, headaches, hyper or hypothyroidism, autoimmune disease, chronic digestion issues, blood sugar issues or unknown discomfort.

### FUNCTIONAL MEDICINE: F8 WELL CENTER

**Website:** <https://f8wellcenters.com/>

Treatment for digestive, endocrine, headaches, hyper or hypothyroidism, autoimmune disease, chronic digestion issues, blood sugar issues or unknown discomfort.

### GENETIX COACHING

**Website:** <http://genetixcoaching.com>

Genetic Testing, Pharmacogenomic Testing with Wellness & Nutrition Coaching to assist with nutrition, weight management 6 or 12 wellness and nutrition coaching sessions. Can be used as 60 or 30 minute sessions or can mix and match as needed.

### NOOM APP

**Website:** [www.noom.com](http://www.noom.com)

Developed to work with your body's needs to create a sustainable weight loss plan.

### SAPNA VON REICH

**Website:** [www.sapnavonreich.com](http://www.sapnavonreich.com)

Nutrition and cooking classes and 1-on-1 coaching; choosing healthy food alternatives.

### WW (WEIGHT WATCHERS)

**Website:** [www.weightwatchers.com/us](http://www.weightwatchers.com/us)

Focuses on making healthy lifestyle changes to lose weight and maintain it. Encourages healthful habits, support, movement, and eating smarter. In-person or online resources.

## SLEEP

### BETTER SLEEP APP

**Website:** [www.bettersleep.com](http://www.bettersleep.com)

A personalized sleep experience for more restful nights and wakeful days.

# APPROVED PROGRAMS & RESOURCES

## SLEEP (cont'd)

### SLEEP SOLUTIONS FOR CHILDREN

**Website:** [www.sleepsolutionsforchildren.net](http://www.sleepsolutionsforchildren.net),  
**Phone:** (970) 462-9229

Personalized sleep solutions and support for families with small children, ages 0-5 years old. Clients can expect personalized education and support including: an initial assessment, consultation, customized sleep plan, feeding and lactation support, and sleep resources guides.

### SLEEPER TEACHERS

**Website:** <https://sleeperteachers.com/sleep-training-services/>

Sleep support interest form and evaluation call to determine level and type of assistance needed. Any Sleep teachers package or resource is eligible for this benefit.

## WELLBEING

### CALM APP

**Website:** [www.calm.com](http://www.calm.com)

Meditation, music, sleep, movement, mindfulness classes.

### DRALA MOUNTAIN CENTER

**Website:** [www.dralamountain.org/programs-retreats](http://www.dralamountain.org/programs-retreats)

Retreat setting for studying yoga, meditation and contemplative arts. Any of the Meditation and Mindfulness Courses are eligible. \*\*ONLY Program registration costs may be reimbursed; lodging costs are excluded from reimbursement.

### EMPOWERED PLAY: NEUROBIOLOGY THERAPY FOR YOUTH

**Website:** [www.empoweredplayco.com](http://www.empoweredplayco.com)

Practices an emotionally focused approach to Child Center Play Therapy with elements of neurobiology, self-regulation, and attachment.

### F8 WELL CENTERS

**Website:** <https://f8wellcenters.com/what-is-neurofeedback/>

Neurofeedback teaches the brain to maintain healthy habits and over time can "rewire" the brain and is helpful in the treatment of anxiety, insomnia, PTSD, Autism, Depression, ADD/ADHD, and Migraines.

### HEADSPACE APP

**Website:** [www.headspace.com](http://www.headspace.com)

Meditation app committed to advancing the field of mindfulness meditation through clinically-validated research on our product.

### NEUROFEEDBACK CLINIC OF NORTHERN COLORADO

**Website:** <https://ncnoco.net/>

Neurofeedback teaches the brain to maintain healthy habits and over time can "rewire" the brain and is helpful in the treatment of anxiety, insomnia, PTSD, Autism, Depression, ADD/ADHD, and Migraines.

### RELATIONSHIP, MARRIAGE, FAMILY COUNSELING

**Website:** <https://fccwellbeing.com>

Any licensed provider of your choice up to \$500 covered annually for each covered family member. We suggest starting your search with Family Care Center because of the direct contract and priority scheduling offered.

### RHYTHMIC ALCHEMY

**Website:** <https://www.rhythmic-alchemy.com/contact-1>

Three to Five Meditation sessions offered in live, online instruction or in-person instruction.

# APPROVED PROGRAMS & RESOURCES

## STRESS MANAGEMENT & RESILIENCE

### BOUNDARIES COACHING WITH MARY

**Email:** [mary@intentionallifecoaching.com](mailto:mary@intentionallifecoaching.com)

An 8-week group coaching course that meets via Zoom for one hour each week via video conferencing. Participants will set intentional goals and plans, learn to manage their time, thoughts and feelings.

### IOME SELF CARE SERVICES

**Website:** [www.iomenow.com](http://www.iomenow.com)

Educational trainings on mental health-related topics from IOME therapists and tools and action plans from our local experts for bettering your physical health and wellness as well as deeply discounted rates on counseling services.

### JEN STRATING

**Website:** <http://fortcollinsbiofeedback.com/about-biofeedback/>

Biofeedback sessions with self-regulation skills and stress response.

### PEG STIRN

**Website:** <https://biofeedbackwellnessstudio.com/meet-peg.html>

Biofeedback sessions with self-regulation skills and stress response.

### PHOENIX RESILIENCE

**Website:** <http://phoenixresilience.org/>

Founded by first responders and veterans, PR endeavors to increase productivity, reduce injury, and minimize use of force incidents by leveraging evidence-based techniques. Wellness coaching or classes are eligible.

## MATERNITY CHILD BIRTH POSTPARTUM PARENTING CLASSES

### BANNER HEALTH

**Website:** [www.bannerhealth.com/calendar](http://www.bannerhealth.com/calendar)

Baby and Parenting Classes.

### COURAGEOUS PARENTS

**Website:** [www.courageousparents.com](http://www.courageousparents.com)

\$500 toward any of the one-on-one or small group coaching and parenting courses.

### ERIKA BLOOM

**Website:** [www.erikabloomdigital.com/categories/postpartum](http://www.erikabloomdigital.com/categories/postpartum)

Heal, restore and strengthen your whole body with access to our library designed to personally support your body and mind through your postpartum journey.

### FOOTHILLS CHILDBIRTH EDUCATION ASSOCIATION

**Website:** <http://www.foothillschildbirth.org/>

Any of the Labor, Postpartum or Breastfeeding.

### WOMEN'S CLINIC OF NORTHERN COLORADO

**Website:** <https://womensclinicnoco.com/>

Any pregnancy or post pregnancy category classes.

## YOUTH CAMPS & COACHING

### CSU SPORTS CAMPS

**Website:** [www.chhs.colostate.edu/hes-youth-sport-camps/](http://www.chhs.colostate.edu/hes-youth-sport-camps/)

FunLIFE (Learning to Improve Fitness and Eating), Sport Science, Outdoor Adventure Camp, Super Sport Camp, and Music and Movement.

**NOTE:** Only these camps specifically listed are covered, no exceptions.

# APPROVED PROGRAMS & RESOURCES

## YOUTH CAMPS & COACHING (cont'd)

### DONOVAN HALL

**Contact:** donovantaylorhall@gmail.com

Youth coaching for self skills to enable growth, self care, mental wellness, confidence, and empowerment. Geared toward middle school to undergraduate aged students.

## COMMUNITY LIFESTYLE EDUCATION CLASSES

**NOTE:** Only these programs specifically listed are covered, no exceptions.

### CITY OF FORT COLLINS

**Website:** [www.fcgov.com/recreation/](http://www.fcgov.com/recreation/)

All adaptive recreation (inclusion, transition, and specialized programs), Friends4All, Behaviors 101, Meditation & Flow yoga, Oula one, B.O.O.T.S. Education, Camp FunQuest.

### CITY OF LOVELAND: CHILSON CENTER

**Website:** [www.lovgov.org/services/parks-recreation/publications/activity-guide](http://www.lovgov.org/services/parks-recreation/publications/activity-guide)

Eligible session programs include: LiftStrong for ages 12-13, FUNctional Movement for 50+, reDefine Boot Camp, reDesign your Spine, Nutritional Consultations, Krav Maga, Tai Chi, Yoga, Tae Kwon-Do, and all Adaptive Recreation classes.

### ESTES PARK COMMUNITY CENTER

**Website:** <https://evrpd.colorado.gov/community-center>

Elevated Connections Cooking classes and Friday Fitness.

### JOHNSTOWN YMCA

**Website:** [www.ymcanoco.org/membership/locations/johnstown-ymca](http://www.ymcanoco.org/membership/locations/johnstown-ymca)

Adult and Youth Shotokan Karate, Sports of All Sorts, LIVESTRONG.

### WINDSOR

**Website:** <https://recreationliveshere.com/101/Recreation>

Any Upward Adaptive Recreation Programs, Any of the Youth Cooking Camps or Classes, Create your own will (adult) class, Myofascial Release Workshop, Supertots and Supertots Sampler.