



Complete Health Improvement Program



WHAT is CHIP?

The Complete Health Improvement Program is for people interested in a new approach to total health and well-being. It is lifestyle modification built around healthy eating, tailored exercise, and new habits for daily living.

WHO will it help?

Those who want guidance in -

Managing & Reversing Current Health Challenges:

1. Managing chronic conditions, including obesity, diabetes, heart disease, high triglycerides and/or cholesterol, blood pressure, and impaired quality of life (e.g. orthopaedic issues)
2. Reversing these adverse chronic conditions

Preventing Future Health Challenges:

1. Avoiding future disease
2. Prioritizing prevention for longevity and optimal quality of life

HOW is the program designed?

- All sessions are taught by a trained AIHF CHIP facilitator, with special sessions co-led by AIHF integrated wellness partners in the areas of Medicine, Nutrition, Behavioral Health, Exercise, and Health Education.
- Group sessions are comprised of check-in, 25-minute video, 25-minute didactic.
- Registration includes textbook, recipe book, exercise manual, workbook.
- Cost is \$100 with BCBS Plan (Advantage, Select, Value).
- Cost is \$100+ with Aetna or Cigna, depending upon program coverage.
- Without insurance coverage, cash payment is an option upon request.
- Out-of-pocket expense should be reimbursable through an HSA.



Enrollment	<ul style="list-style-type: none"> ✓ Nutrition Assessment with Registered Dietitian
Weeks 1-6 {12 total sessions}	<ul style="list-style-type: none"> ✓ Group Education Sessions twice/week ✓ Health Risk Assessment @ weeks 1 & 6 ✓ Blood Draw @ weeks 1 & 6
Weeks 7-12 {6 total sessions}	<ul style="list-style-type: none"> ✓ Group Education sessions once/week ✓ Health Risk Assessment @ week 12 ✓ Blood Draw @ week 12

WHERE are the sessions taught?

- All sessions take place at American Institute of Healthcare & Fitness – 8300 Health Park, Raleigh 27615.
- AIHF is an innovative total health and well-being concept, and a 181,000 sq healthcare center on 16.5 acres in North Raleigh. We are comprised of 30 individually owned and operated physician groups and healthcare businesses. Some are independent, some are aligned with hospital systems. All believe that coordinated care, built around clinical integration, across a broad medical and wellness spectrum, benefits both care for patients and business for providers.



WHO should I contact?

Megan Skidmore, AIHF Accredited CHIP Facilitator
megan.skidmore@aihf.net or 919.926.0288
www.aihf.net/CHIP

**Free information sessions are scheduled in the AIHF Conference Center. Please RSVP to Megan to reserve your spot.*

December 12 @ noon; December 18 @ 6pm

January 8 @ 6pm; January 10 @ noon

