“Sometimes, people just need a nudge in the right direction to gain motivation in living a healthy lifestyle. With EnhanceWellness, I got out of an unhealthy rut.”

EnhanceWellness™
Enrollment is ongoing. Contact your local program to get started today.

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EnhanceWellness™
Chronic disease self-management.
It’s about health. It’s about life.

Taking the first step is difficult. We know. We’re here to help.

• Do you want to make positive changes in your life?
• Have you been diagnosed with any chronic conditions?
• Do you want to be more physically or socially active?
• Have you been unhappy or satisfied lately?

If you answered yes to any of the questions, then EnhanceWellness is for you.

Are you ready to change your life?

EnhanceWellness is an award-winning program that improves the quality of your life. Based on scientific research and designed especially for adults, EnhanceWellness combines the benefits of wellness support through optional weekly classes, personal health coaching, weight management, chronic disease self-management, health challenges and peer connections.

You may benefit from the EnhanceWellness program if you have one or more of the following conditions:
• Anxiety
• Arthritis or rheumatic disease
• Chronic pain
• Depression
• Diabetes or pre-diabetes
• High cholesterol
• Hypertension
• Sensory impairment

Choose your health goals.

Work with your EnhanceWellness team to create a personalized health action plan that identifies your health risks and the steps you need to take to improve your health and well-being for only $75.

Work on your health goals.

Working with your EnhanceWellness team, you will learn how to get healthy and stay healthy. Your EnhanceWellness nurse and registered dietician will provide the support you need:
• Feedback and encouragement.
• Personal health coaching.
• Nutrition and weight management.
• Wellness classes.
• Comprehensive evaluation of health challenges.
• Goals and action plans to help you get started.

Are you ready to experience increased energy, confidence and connection with others?

Join us for a life of better health.