

Wellness Navigator Program



Your health and well-being does not end in the doctor's office. Lifelong wellbeing is in your hands.

Continue your whole health healing by working with a wellness navigator to connect you to a personalized wholistic self-care program to improve the quality of your life in body, mind and spirit.

Step 1: Talk with your provider about whether you would benefit from making a lifestyle change such as improving your nutrition, starting an exercise program or reducing stress. Record any goals or guidance given by your provider on the back of this brochure.

Step 2: We are here to meet you with support throughout your health journey. We offer two options to get you started based on what you need today.

● **Talk to a wellness navigator.** Let our wellness navigators guide you toward the programs and services that will best support your health journey. **Email AHSWellness@adventhealth.com or call 913-676-8133 to make an appointment.** Cost: Free

● **Visit AdventHealthKC.com/Wellness** to get a complete list of current offerings and enroll in the options that best fit your needs.

Community Wellness Programs and Services

● **Behavior Change Group Workshop:** Three-week interactive class series designed to help you change behavior toward a healthier life. Visit AdventHealthKC.com/Wellness and select “Learn” or call Class Registration at 913-676-7777. Series cost: \$30

● **Wellness Coaching:** Guide and provide accountability in living a healthier lifestyle through goal-setting. Email SHAW.WellnessCoaching@adventhealth.com or call 913-676-6848 for an appointment. Cost: \$70 per session

● **Personal Training Services:** Assess your fitness level and create a fitness program to achieve your goals. Email AHSWellness@adventhealth.com or call 913-676-8133 for an appointment. Cost: \$60 per one-on-one session; \$30 per small group session

● **Yoga Therapy Coaching:** Evaluate and assess posture, body mechanics and well-being to achieve symptom relief and enhanced health. Email AHSWellness@adventhealth.com or call 913-676-8133 for an appointment. Cost: \$70 per session

● **Fitness Assessments:** Test your flexibility, muscular strength and endurance, coordination, cardiorespiratory fitness, functional movement, balance and fall risk. Email AHSWellness@adventhealth.com or call 913-676-8133. Cost: \$30

- **Fitness Classes:** Relieve uncomfortable symptoms and improve health to jump start your wellness journey. Visit AdventHealthKC.com/Wellness and select “Move” or call Class Registration at 913-676-7777. Cost range: \$10 to \$15 per class
- **Smoking Cessation:** American Lung Association’s evidence-based Freedom From Smoking® program to help you quit for good. Visit AdventHealthKC.com/Wellness and select “Learn” or call Class Registration at 913-676-7777. Series cost: \$35
- **Massage Therapy:** Give yourself the gift of relaxation, rejuvenation and restoration for your body, mind and spirit. Call 913-676-8447 for an appointment. HSA accounts are accepted.
- **Outpatient Nutrition Clinic:** Registered dietitians offer one-on-one counseling that caters to your lifestyle, food preferences and medical needs. Physician referral required. Call 913-676-2495 for more information.
- **Whole Health Institute:** Schedule a consultation with integrative, holistic or culinary medicine providers to support your quest for wholistic wellbeing. Referrals not required. Payment options include HSA and FSA. Call 913-632-3550 for more information.
- **Sleep Disorders Center:** Offering both in lab and home sleep testing options, our qualified staff works with you and your provider to help you feel your best. Call 913-676-8112 for more information.



**Contact our Wellness Navigator at
913-676-8133 or email
AHSMWellness@adventhealth.com
to find the option that is right for you.**

Package options available.