



HENRY FORD LIVEWELL

Wellness Resource Guide





HENRY FORD LIVEWELL

Henry Ford Health System has supported wellness for over a century to improve the health, quality of life, and prosperity of our community, patients and employees.

Henry Ford LiveWell was created to further our commitment. We understand that well-being is unique to each person and encompasses mind, body, and spirit. We see well-being as a lifelong journey rather than a destination.

To support you along your journey, Henry Ford LiveWell has created this resource guide. Please visit our website at www.henryfordlivewell.com for additional resources, tools, tips, classes, events and programs.

To make an appointment with a Henry Ford physician, please call (800) 436-7936 for Southeast Michigan physicians or (517) 205-4800 for Jackson and South Central Michigan physicians. We look forward to supporting you on your journey!

Live Well!

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ACUPUNCTURE

Henry Ford Center for Integrative Medicine

Locations: Bloomfield Township, Dearborn, Detroit, Grosse Pointe Farms, Northville, Royal Oak
(833) 246-4347
www.henryford.com/cim

A healing environment of total relaxation and comfort from the moment you walk through the doors of our state-of-the-art facilities. Highly trained practitioners provide therapies drawn from the best of the world's healing traditions to help you achieve overall wellness and optimal health.

BEHAVIORAL HEALTH

Behavioral Health

Locations:

Inpatient psychiatric care: Henry Ford Allegiance Hospital (Jackson), Henry Ford Kingswood Hospital (Ferndale), Henry Ford Macomb Hospital (Mt. Clemens), Henry Ford Wyandotte Hospital
Residential addiction treatment: Henry Ford Maplegrove Center (West Bloomfield), Henry Ford Allegiance Addiction Recovery Center (Jackson)

Outpatient care: Clinton Township, Dearborn, Detroit, Grosse Pointe, Jackson, Novi, Troy, West Bloomfield
(800) 422-1183 (Southeast Michigan) or (800) 531-3728 (Jackson County)
www.henryford.com/behavioralhealth

Skill Building:

What to Do When Addiction Touches Your Family

Location: Henry Ford Maplegrove Center (currently held online)
(248) 788-3005
www.henryford.com/maplegroveCE

This educational program is intended for adults who have a family member with addiction. The program includes six rotating sessions covering various topics related to the disease of addiction. Each of these interactive sessions is led by an addiction specialist and includes time for questions. This free program takes place on Thursdays from 6:00-7:30 pm. Attendees may join the group at any time.

SHARE: Friends and Family Addiction Support Group

Location: Henry Ford Maplegrove Center (currently held online)
(248) 788-3005
www.henryford.com/maplegroveCE

In the SHARE support group, adult family members and friends of people with addiction can share their feelings in a supportive setting. Participants also can interact with other people whose families are dealing with the challenges of addiction. SHARE is open to adults 18 and older. This free program takes place on Thursdays from 7:30-9:00 pm. Attendees may join the group at any time.

Downriver Substance Abuse Support Group

Location: Henry Ford Wyandotte Hospital
(734) 246-9431

Weekly support group meetings are held on Mondays and Wednesdays from 7:00-8:30 pm and are open to those in recovery, family and friends. Please note, this is not a 12-step program.

CANCER SUPPORT

Cancer Support Groups and Programming

CancerSupportInfo@hfhs.org
www.henryford.com/services/cancer/support/groups

Cancer support groups meet in a variety of locations at different dates and times, allowing you to share strength with others who have been where you are. The groups are led by cancer psych-oncology specialists, nurses, registered dietitians and social workers. The groups include patient-focused presentations from providers, interaction with other patients with cancer and support.

Cancer Survivorship Clinic

Locations: Brownstown, Detroit, Shelby Township, Novi
(313) 874-4082
www.henryford.com/services/cancer/survivorship

The Henry Ford Cancer Institute survivorship clinic is dedicated to improving the health and quality of life of cancer survivors through excellent patient care, education, and prevention. In collaboration with your cancer care team, the survivorship clinic nurse practitioners and physician assistants are experts in helping cancer survivors move forward after completion of active cancer treatment.

EXCITE: Exercise and Cancer Integrative Therapy Education

Locations: Brigitte Harris Cancer Pavilion, Henry Ford Cancer Institute
(313) 725-7600
www.henryford.com/services/cancer/support/excite

Helps cancer patients and survivors develop individualized exercise programs. Studies have shown exercise in conjunction with cancer treatments improves energy, mood, fitness, strength, body composition and treatment side effects. Interested patients and family members can call to attend a free seminar.

Psych-Oncology Services

Locations: Detroit, Shelby Township, West Bloomfield, Jackson (Telemedicine)
(888) 777-4167
www.henryford.com/services/cancer/support/psych-oncology

Our Psych-Oncology Team specializes in the care of cancer patients and their support systems. Psych-oncology staff can help patients and families cope with the stressors associated with cancer in a healthy, adaptive way, from diagnosis through survivorship. Ask your cancer care team about a referral to psych-oncology.

CHIROPRACTIC SERVICES

Henry Ford Center for Integrative Medicine

Locations: Bloomfield Township, Dearborn, Detroit, Grosse Pointe Farms, Northville, Royal Oak
(833) 246-4347
www.henryford.com/CIM

A healing environment of total relaxation and comfort from the moment you walk through the doors of our state-of-the-art facilities. Highly trained practitioners provide therapies drawn from the best of the world's healing traditions to help you achieve overall wellness and optimal health.

DIABETES CONTROL

Diabetes Empowerment Group

Locations: Detroit Northwest (Detroit), Fairlane (Dearborn), Novi and Sterling Heights
(800) 277-2740 or (313) 874-7495

Whether you've had diabetes for years or have been diagnosed recently, these informative and relaxed meetings offer support for managing the condition. Patients and their families can learn more about diabetes, share experiences, exchange healthy recipes and become part of a network with others facing many of the same issues. Health care professionals are available to offer encouragement and guidance. Empowerment groups are free of charge and located throughout the metropolitan Detroit area with monthly meeting times.

Henry Ford Allegiance Health Diabetes Education Center

Location: Jackson
(517) 205-2100
www.henryford.com/locations/allegiance-health-center-springport-road/diabetes

Education and support for adults, teens and children living with diabetes to assist them in incorporating diabetes management into daily life. A physician referral is required for all programs.

- Diabetes Self-Management Education Program (DSME): A 10-hour program with classroom group-learning sessions focused on daily self-management of diabetes. One-on-one sessions available with specific referral from provider.
- Medical Nutrition Therapy Program (MNT): A private session with a registered dietitian to develop a personal meal plan based on food preferences and lifestyle, as well as follow-up visits to help meet food plan goals.

Henry Ford Diabetes Care Connection Services

(800) 277-2740 or (313) 874-7495
www.henryford.com/diabetes

Whether you are new to diabetes, or have had diabetes for years, there is a solution to fit your needs. Good control of diabetes can reduce your risk of serious health problems including heart disease and stroke.

- WORK with a nurse or dietitian who is specially trained in diabetes.
- LEARN what you can do to manage your diabetes well.
- BUILD a plan just for you that meets your needs.
- SEE how your food choices impact your diabetes.
- DEVELOP a meal plan based on your food choices.

These services are covered by most insurance plans. Ask your insurance company about coverage and deductibles for the service(s).

Henry Ford Diabetes Prevention Program

(313) 874-4581; hfsdpp@hfs.org

This Centers for Disease Control (CDC)-recognized lifestyle change program is proven to lower your risk of type 2 diabetes and improve your health. This year-long program includes 16 weekly classes followed by monthly classes led by a specially trained lifestyle coach to help you learn new skills, encourage you to set and meet goals and keep you motivated. The coach will also facilitate discussions and keep the program fun and engaging. Find support from a group of people with similar goals and challenges, and work together to overcome obstacles and celebrate successes.

Henry Ford Wyandotte Hospital - Diabetes Self-Management Education Program

(734) 287-9885 or (734) 246-9601

Individuals with diabetes learn about the disease, its complications, medications, diet and exercise. Physician referral is required. Cost may be covered by health insurance.

EXERCISE PROGRAMS

Henry Ford Sports Performance Programs

Location: Detroit

(313) 651-1917

www.henryford.com/services/sports-medicine/conditioning

Total body fitness and conditioning are key to optimal sports performance. They are also some of the best ways to prevent injury. Henry Ford Sports Performance Programs are designed to help you develop your skills, keep your competitive edge and prevent injury. Our team of specialists works with athletes of all skill levels: from high school, collegiate and professional athletes to weekend warriors.

Sports Performance Programs include:

- Performance Training - For youth, college, professional and weekend warriors – the health of the whole athlete is our primary concern. The Sports Performance program utilizes proven methods and systems tailored to the individual to reach your goals! Includes assessment/performance testing, mobility/stability training, strength and conditioning and system recovery.
- Return to Sports Training - Working in synchronization with HFHS Rehab Services our return to sports programming is one of a kind. We help to bridge the gap between rehab and full sports performance. This includes many aspects of our performance training scaled to the recovering athlete.
- Golfit - Group Exercise Class focuses on improving your golf game through physical fitness. Our Henry Ford Sports Medicine Professionals teach you a pre-game warm-up and guide you through golf-specific strength and flexibility exercises. We also offer individual sessions that include a physical assessment and swing analysis along with a personalized workout program.
- Gait Lab - Utilizing 8 motion capture cameras with SIMI software and an instrumented treadmill, the Gait and Running Lab specializes in evaluating how you move while running and walking. This service is available in several affordable packages.
- Sports Performance Lab - Utilizing 8 motion capture cameras with SIMI software and 4 force plates all housed in a two-story room, the Sports Performance Lab allows us to assess your movement expression. The performance evaluation includes sports specific assessment of the athlete available in several affordable packages.

Henry Ford LiveWell Blog - MoveWell

www.henryfordlivewell.com/category/movewell

Experts in the fields of sports medicine, exercise physiology and physical therapy provide their insights on exercise and healthy movement. Subscribe to the weekly email round-up so you never miss a post.

Semi-Private Personal Training

Location: Wyandotte

(734) 285-7420

www.henryford.com/services/weight-loss/weight-management/programs/hfwyandotte

Semi-Private Personal Training sessions provide more personal attention than a typical class. Focus on functional strength moves and core training, mixed with cardio interval sessions. Can accommodate all fitness levels and limitations. Try one class for free.

- Classes are held Monday, Wednesday and Friday at 6:00 am and 9:00 am; Tuesday & Thursday at 5:30 pm and 6:30 pm. New class times may be offered or changed- call for schedule.
- Sold in packages of 6, 12, 18, or 24 at \$10/class. Discounts on packages of 18 and 24.
- Class size limited to 14 registrants.

Human Performance Clinic

Location: Detroit

(313) 972-4039

www.henryford.com/services/cardiology/support/human-performance-clinic

Comprehensive cardiovascular screening and performance evaluation optimized for elite/competitive athletes, recreational exercisers, and weekend warriors alike. Assessment of your maximum aerobic capacity, anaerobic threshold and body composition.

PREVENT: Prevention thru Exercise and Education

(313) 972-1919

www.henryford.com/services/cardiology/support/cardiac-rehab/prevent

PREVENT provides education and exercise opportunities for patients interested in a heart-healthy lifestyle. When you join the program, you will work with staff to set personal goals. Our staff will track your progress and adjust your exercise plan accordingly. PREVENT is appropriate for any person wishing to begin exercise, especially those with chronic diseases that benefit from exercise, including heart disease, cancer, peripheral artery disease (PAD), diabetes and high blood pressure.

HEALTH AND WELLNESS COACHING

Henry Ford LiveWell - Health Coaching

(313) 874-6274

www.henryford.com/wellnesscoach

Have a health issue that you want to tackle, but not sure where to start? Need help sticking with a plan to improve your eating habits, control your weight or manage stress better? Our trained and certified wellness coaches can guide you in achieving lasting improvements to your well-being. The health and wellness coaching program takes place over the course of 12 weekly sessions, conveniently conducted by phone.

MASSAGE THERAPY

Henry Ford Health System bridges every aspect of your well-being – mind, body and spirit – with your health care throughout the Metro Detroit area. Our experts offer a variety of therapeutic massage techniques to best suit your needs, including options tailored for oncology patients and athletes (at select locations).

Henry Ford Center for Integrative Medicine

Locations: Bloomfield Township, Dearborn, Detroit, Grosse Pointe, Northville, Royal Oak
(833) 246-4347

www.henryford.com/CIM

Henry Ford Wyandotte Physical Rehabilitation

(734) 284-4499

www.henryford.com/locations/rehabilitation-wyandotte

NUTRITION EDUCATION/COOKING CLASSES

Cooking Matters™

(313) 874-4581; gwp@hfhs.org

Cooking Matters is a two-hour cooking and nutrition class for SNAP-eligible adults. The class meets once per week for six weeks. Each week, our dietitians and chefs will share tips and tricks for making healthy choices and cooking healthy on a budget.

Heart Smart®

(313) 972-1919

www.henryford.com/heart

A nutrition education program designed to prevent and control heart disease and other chronic illnesses. In the Heart Smart® classes you will learn how to use the nutrition label to your advantage and make heart-healthy food choices. We will share our favorite makeover secrets for creating healthier recipes, and tackle ways to make your next dining out experience a healthier one.

Henry Ford LiveWell Blog - EatWell

www.henryfordlivewell.com/category/eatwell

Registered dietitian nutritionists, experts in food and nutrition, provide their insights on healthy eating and offer recipes and cooking videos. Subscribe to the weekly email round-up so you never miss a post.

NUTRITION COUNSELING

We know there isn't a one-size-fits-all approach to healthy eating. Our registered dietitian nutritionists review your diet, lifestyle and goals to design a personalized eating plan to prevent or help manage a chronic condition. Choose the site most convenient to you to schedule your appointment. A physician referral is required. Cost may be covered by health insurance.

Henry Ford Allegiance Nutrition Counseling Services

Location: Jackson

(517) 205-2100

Henry Ford Center for Integrative Medicine - Functional Nutrition Therapy

Locations: Bloomfield Township, Northville, Royal Oak
(833) 246-4347

www.henryford.com/CIM

A focus on whole food, plant-based nutrition. Physician referral is not required.

Henry Ford LiveWell - Outpatient Nutrition Services

Locations: Bloomfield Township, Columbus (Novi), Detroit Northwest, Ford Road (Dearborn), Pierson (Grosse Pointe Farms), Seville (Clinton Township)

(313) 874-3095

www.henryford.com/services/nutrition/livewell

Henry Ford Wyandotte Hospital - Outpatient Nutrition Services

(734) 246-6909

PRENATAL/POSTNATAL SERVICES

Henry Ford Diabetes Care Connection Services - Gestational Diabetes

(800) 277-2740 or (313) 874-7495

www.henryford.com/diabetes

This program supports pregnant patients who have diabetes or have developed gestational diabetes. A diabetes care specialist conducts education sessions at various locations. Topics include glucose monitoring, risks related to gestational diabetes, nutrition management and what to expect after pregnancy.

Obstetrics Care for Pregnancy and Childbirth

Locations:

Henry Ford Allegiance Hospital- Jackson (517) 205-4800

Henry Ford Hospital- Detroit (313) 916-0397

Henry Ford Macomb Hospital- Clinton Township (800) 532-2411

Henry Ford West Bloomfield Hospital (248) 325-0037

Henry Ford Wyandotte Hospital (734) 246-9601

www.henryford.com/baby

Several childbirth education classes are offered including:

- Childbirth preparation and education
- Breastfeeding Support & Education

SENIOR SERVICES

Eat Smart Live Strong

(313) 874-4581; gwp@hfhs.org

Eat Smart, Live Strong is wellness class for SNAP-eligible seniors and meets for one-hour per week for four weeks. Through education and weekly goal setting, our team will help participants eat more fruits and vegetables and increase physical activity.

Henry Ford Wyandotte Physical Rehabilitation

(734) 284-4499

www.henryford.com/locations/rehabilitation-wyandotte

SLEEP

Henry Ford Sleep Disorders Center

Locations:

Allegiance Sleep Medicine Clinic- Jackson (517) 205-4750

Columbus Sleep Medicine Clinic- Novi (248) 344-2385

Cottage Sleep Medicine Clinic- Grosse Pointe Farms (313) 640-1000

Macomb Sleep Medicine Clinic- Clinton Township (586) 203-1030

New Center One Sleep Medicine Clinic- Detroit (313) 916-4417

Sterling Heights Sleep Medicine Clinic (586) 977-9972

Taylor Sleep Medicine Clinic (313) 375-2000

www.henryford.com/services/sleep-disorders

If you're one of the nearly 70 million Americans dealing with chronic sleep loss, feeling tired all the time is just part of the problem. Consistently getting less-than-adequate rest increases your risk of diabetes, high blood pressure, obesity, depression, heart disease and stroke. The good news is that most sleep disorders are highly treatable, and the caring staff at Henry Ford are here to help. Nationally-recognized sleep disorder specialists will diagnose and treat your sleep-related condition. Our team uses the most up-to-date, scientific methods and comprehensive strategies to effectively treat every patient.

Sleep consultations are available at all locations, Monday through Friday. Sleep Studies are available seven days a week, with flexible scheduling to fit your lifestyle. Call for more information or to schedule an appointment.

STRESS MANAGEMENT

Henry Ford Center for Integrative Medicine

Locations: Bloomfield Township, Dearborn, Detroit, Grosse Pointe, Northville, Royal Oak

(833) 246-4347

www.henryford.com/CIM

We offer a variety of therapeutic approaches to supporting your total health and wellness. Options for stress reduction include Acupuncture, Massage and Reiki offered in multiple Metro Detroit locations.

Henry Ford ENHANCE (for HFHS employees and family members only)

(888) 327-4347

www.henryford.com/eap

When everyday challenges grow into bigger issues, they can impact your work or home life. Contact us for free, confidential counseling provided by master-level counselors who can support you through defining the issue and finding practical solutions.

TOBACCO/NICOTINE TREATMENT

Henry Ford Tobacco Treatment Service

(888) 427-7587; TobaccoFree@hfhs.org

www.henryford.com/tobaccofree

We offer free tobacco treatment programs to help people quit tobacco and nicotine. Each program covers:

- Medications for quitting
- Getting ready for Quit Day
- Changes in your daily routine that make quitting easier
- Dealing with stress and avoiding weight gain
- Staying tobacco-free for good

Our programs include:

- The Tobacco Treatment Service (TTS), a six-month program that offers one-on-one coaching by phone. An experienced tobacco treatment coach helps you work on ways to deal with cravings and other triggers. We provide a helpful workbook and guidance in planning for your quit date and beyond.
- Freedom From Smoking (FFS), an eight-session, seven-week group class. Designed by the American Lung Association, this program is the “gold standard” in group tobacco treatment. Trained coaches guide the group in talking about quitting tobacco for good, while group members support each other in staying tobacco-free.
- Specialized programs for teens age 14-17 and pregnant patients are available.

Henry Ford Allegiance Prevention & Community Health

(517) 205-7444

www.itsyourlife.info/resources-links/tobacco-treatment

Tobacco Treatment is a free service. Anyone using any type of tobacco product can participate in one-on-one counseling with our trained tobacco treatment specialist. Services are offered as often as needed and include:

- Assessment
- Behavior management
- Addiction education
- Education on medications that increase success rates
- Relapse prevention

Henry Ford Center for Integrative Medicine- Tobacco Cessation

Locations: Bloomfield Township, Dearborn, Detroit, Grosse Pointe Farms, Northville, Royal Oak

(833) 246-4347

www.henryford.com/CIM

Acupuncturists work with patients to help lessen the effects of nicotine withdrawal, which may increase their chances of quitting tobacco for good. Package rates for acupuncture and tobacco treatment counseling are available.

WEIGHT MANAGEMENT

Henry Ford Weight Management Program

Locations:

Henry Ford Medical Center- Second Avenue (313) 972-1919

Henry Ford Medical Center- Livonia (734) 523-8601

Center for Weight Management- Seville (586) 323-4800

Center for Weight Management- Wyandotte (734) 285-7420

West Bloomfield Hospital (248) 325-1355

www.henryford.com/services/weight-loss/weight-management

At Henry Ford Health System, we believe in a team approach, which is why our weight management program includes an expert team of dietitians, exercise physiologists, your doctor, behavioral health specialists and you. We offer group and individualized options, as well as a variety of dietary plans to best fit your needs and goals.

Program Philosophy: There are many factors that contribute to excess weight beyond simply eating too much and not burning enough calories. This is why at the Henry Ford Weight Management Program we take a holistic approach to weight loss. We call this approach the Five Pillars to a Healthy Lifestyle. The five pillars include: Healthy Nutrition, Physical Activity, Mind Matters, Healthy Environments, and Accountability.

Program components:

- Free information session
- Individual weight loss options utilizing whole food or meal replacement plans
- Regular group or individual appointments with a weight management expert who will provide
 - o Accountability
 - o Coaching
 - o Education
 - o Support

Body Composition Analysis

(313) 972-1919

Body composition assessment helps professional and college athletes, exercise enthusiasts, individuals trying to lose or gain weight, and others, improve their performance and support weight management.

Analysis includes:

- BodPod Device to measure Percent Body Fat, Lean Body Weight, Waist Circumference, and estimate of Resting Metabolic Rate.
- Consultation with a clinical exercise physiologist to help you understand your body composition and recommend strategies for healthy lifestyle and/or exercise training.

WEIGHT MANAGEMENT FOR KIDS & FAMILIES

Let's Eat Healthy! Program

Call for locations near you.
(800) 277-2740 or (313) 874-7495

Designed to help your child learn skills for leading a healthier life. Topics include healthy food choices, portion sizes, eating out and the importance of regular activity. The program is open to children ages 10-18 that have a weight higher than recommended for good health as determined by the child's physician.

Let's Get Healthy!

Locations: Dearborn, Detroit, Farmington, Sterling Heights
(313) 874-6653; LetsGetHealthy@hfhs.org

An educational, healthy lifestyle program for youth ages 9-13. The program uses a multidisciplinary approach, including a pediatrician, behavioral therapist, registered dietitian and an athletic trainer to teach families habits that help to maintain healthy weight. The program focuses on behavior modification and education rather than weight loss.

Let's Get Healthy! Goes to School

Location: Clinton Township
(586) 263-2107; HFMHSchoolHealth@hfhs.org

Learn proper eating habits, nutrition information and the importance of exercise and limiting screen time in this six-session program for children ages 9-12 years and their families.

ADDITIONAL RESOURCES

HAP iStrive for Better Health online programs (for HFHS employees and HAP members only)

www.hap.org

A personalized digital wellness manager along with free wellness tools and programs, powered by WebMD Health Services. You'll have unlimited access to doctor-developed online tools to help manage your health and increase your well-being.

- The health assessment provides you with a secure, personalized snapshot of your current health and well-being.
- The health assistant tool can help you reach your goals in the areas of fitness, weight management, nutrition, stress management and quitting tobacco.
- Health topics give in-depth assessments and tips about health issues, such as asthma, high cholesterol, depression, chronic fatigue and diabetes.
- Search helps you find information on health topics from A to Z. At the top of the iStrive home page, enter your search term and click the search button to get fast results from reliable, up-to-date sources.
- Trackers help you monitor your progress. Whether your goal is to track daily blood sugar levels, lower your blood pressure or start a routine workout plan, trackers can make it easy.

Login and choose "Health and Wellness" to access iStrive for Better Health.

HAP Member Discounts (for HAP members only)

www.hap.org/memberdiscounts

HAP members receive valuable savings on a variety of health and wellness-related activities and services, including health clubs and spas. You can take your discounts on the go! The HAP Member Discounts mobile app sends you a mobile alert when you're near an eligible discount so you'll never miss out. Get the access code at the website above.

Henry Ford LiveWell Blog

www.henryfordlivewell.com

Our blog offers insights from our wellness experts on a variety of topics that encompass taking care of your whole self- mind, body and spirit. Find useful tips on nutrition, managing stress, staying fit, parenting and more. Gain valuable information on prevention, ways to live better with chronic disease, and healthy and delicious recipe videos. Subscribe to our weekly email round-up so you never miss a post.



all for you

Henry Ford LiveWell
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