

Choose a healthier heart.

Orlando Health

CHOOSE ONE

Created to help you establish and maintain a heart-healthy lifestyle, **Orlando Health Choose One** is a new, interactive health improvement program designed by a team of experts at Orlando Health.



Each phase of the program provides you with the support and knowledge you need to reduce your cardiovascular risk factors (such as high blood pressure, high cholesterol, body weight) and make a positive impact on your overall health. Phases 2 and 3 are specifically crafted to support individuals at higher risk of developing coronary artery disease. Participation in these additional phases will be offered to individuals identified through the biometric screening events.

PHASE 1: *The Basics*

INCLUDES:

- two (2) biometric screening sessions [before and after]
- weekly virtual education sessions [6 weeks]

PHASE 2: *Focus On Food*

INCLUDES:

- additional biometric testing
- weekly virtual education sessions focused on heart-healthy foods [6 weeks]

PHASE 3: *Maintenance*

INCLUDES:

- individual virtual sessions focused on maintaining heart-healthy lifestyle changes

Improving your heart's health doesn't have to be difficult. **Orlando Health Choose One** will show you how with the support of a positive, team-focused approach.

Register January 31 - February 16, 2022

Learn more by calling **(877) 48CHOOSE**

[(877) 482-4667] or by visiting

OrlandoHealth.com/ChooseOne

**ORLANDO
HEALTH®**

Choose One