

Did you know MyHealthyVT offers **FREE WORKSHOPS**

to prevent or manage chronic health conditions?

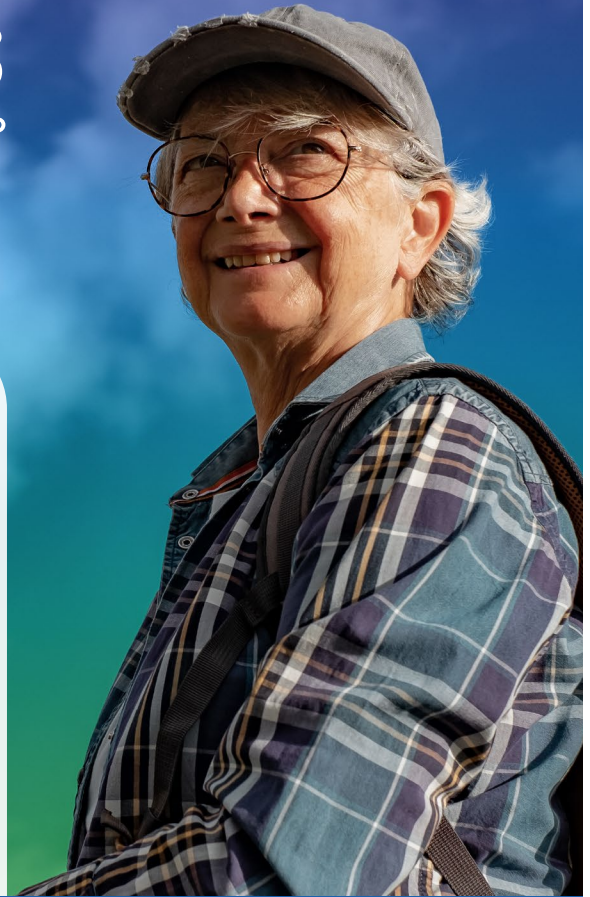
Consider including them in your employee benefits or worksite wellness program!

Fast Facts:

Employees missing work due to chronic diseases leads to *a loss of \$36.4 billion* annually for US employers.

1 in 3 Vermonters have prediabetes, and *90%* aren't aware of it.

There are roughly *1,000 smoking-related deaths* in Vermont every year.



What is MyHealthyVT (MHVT)?

The program offers free health education workshops to help Vermonters prevent and manage chronic conditions like high blood pressure and type 2 diabetes. All workshops are backed by science and led by facilitators who understand the needs and struggles of living with these conditions. MHVT is a collaboration between Blueprint for Health and the Vermont Department of Health.

How do employers benefit from MHVT?

- No financial obligation; programming is free!
- A no-cost addition to your benefits package
- Helps your recruitment team attract potential employees
- Contributes to a positive community reputation
- Improves employee well-being, motivation and morale
- Lowers indirect costs from employees missing work due to illness

Testimonial:

“We are so glad and grateful to have partnered with MyHealthyVT for the 4-week Tobacco Cessation program. The workshops were well-received, and several employees shared positive feedback with us, including that it really helped them ‘get back on track.’”

— City Market, Onion River Co-op

What workshops are offered?

There are currently six free workshops offered through MHVT:

- Diabetes Prevention (26 sessions over 52 weeks)
- Hypertension Control (8 sessions over 8 weeks)
- Diabetes Self-Management (6 sessions over 6 weeks)
- Chronic Pain Self-Management (6 sessions over 6 weeks)
- Tobacco Cessation (4 sessions over 4 weeks)
- Chronic Disease Self-Management (6 sessions over 6 weeks)

What support does MHVT provide?

From internal buy-in to launch, MHVT does the heavy lifting.

Our representative will:

- Help you operationalize the program internally
- Collect information from employees directly
- Select a facilitator
- Organize informational meetings
- Provide draft copy and images for internal communications

How are workshops formatted?

MHVT will organize and deliver educational content to your workforce in a format that works for you — either in person or virtually. Options include workshops on-site, having a dedicated time for employees to join virtual workshops, or promoting an at-home program through internal communication. Workshops are typically 1–1.5 hours in duration.

How to Collaborate

Low Involvement	Organization informs employees that MHVT exists and they can sign up for workshops on their own time. MHVT team provides support as requested to the employees.
Medium Involvement	Organization allows employees to participate on company time. MHVT sets-up special workshops at convenient times, if sufficient demand.
High Involvement	MHVT organizes on-site workshops for employees.
A La Carte	MHVT designs a custom program for the organization, depending on its needs.



Next Steps

Interested in partnering with MHVT? Contact a MyHealthyVT Representative!

Below is contact information for our representative who will work with you to create a program that suits your needs. Give them a call for more information or to set-up a meeting.

My representative is:

Name

Email

Phone

For more information, visit:
MYHEALTHYVT.ORG

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