



Healthy Living Now

Healthy Living Now (HLN) is a long-term weight management program created by a team of weight-loss experts at LMH Health.

The program is designed to help you reshape your lifestyle by adopting healthy new habits while breaking unhealthy old ones. As a member, your goal will be to make small, achievable changes that will result in a healthy weight that you can maintain for the rest of your life.

Our team consists of nurse practitioners, a registered dietitian, a personal trainer and a registered nurse.



Program Requirements

- Be motivated
- Lose 5% body weight by 6 months
- Have a primary care physician
- Commit to one or two appointments per month
- Attend all appointments or cancel within 24 hours' notice

\$300/initial month

\$80/per month up to 12 months

Individualized for each member and their goals

A nurse practitioner will discuss your health history, review your health goals and monitor your weight, blood pressure, lab values, eating and exercise patterns. The nurse practitioner also will evaluate and determine if a weight-loss medication will help you achieve your weight-loss goals.

Our dietitian will help you create an individualized nutrition plan that will align your lifestyle habits with your weight-loss goals. You will learn about nutrition, and gain a better understanding of how to take care of your health throughout your life. Your individualized nutrition plan will be designed to ensure you can sustain your improved health and weight-loss achievements long term.

Our personal trainer is also a registered nurse. She will develop a sustainable workout regimen that is adaptable to new and/or chronic illnesses and injuries while also taking into account your busy schedule. The goal is to design a plan that fits your lifestyle and is something you can follow long term.

Our registered nurse will help with weigh-ins, body measurements, blood pressure checks and medication refills, as well as scheduling appropriate appointments.



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A partner for lifelong health