

REASONABLE ALTERNATIVE STANDARD (RAS) INFORMATION FOR BP, GLUCOSE, OR BMI

Two FREE RAS options for the Fred Smith Wellness Program for blood pressure (BP), glucose, or BMI include: **WakeMed Nutrition Counseling** and **WakeMed Health Coaching**. Fulfill the RAS requirement by completing three (3) sessions. Nutrition Counseling is done via video or phone (60 minutes or less). This is available once the employee is on the health insurance (3 months after hire). Health Coaching is done via phone (30 minutes or less) and is available for any Fred Smith employee, regardless of insurance.

Questions? Liza MacDonald (se habla español) MobileWellness@wakmed.org or 919-350-5909.



WakeMed Corporate & Community Health
NUTRITION COUNSELING

Our licensed, registered dietitians are committed to providing evidence-based scientific nutritional advice.

Nutrition Counseling is offered for:

- Adult Weight Management
- Diabetes
- Celiac Disease
- Food Allergies
- Gastro-intestinal Issues
- Heart Health
- High Blood Pressure
- Meal Planning
- Nutrition & Fitness
- Vegetarian Nutrition
- Wellness/Healthy Eating



WakeMed Corporate & Community Health
HEALTH COACHING

Our certified health coaches are committed to providing evidence based scientific health and wellness advice.

Health Coaching is offered for:

- Weight Management
- Disease Prevention
- Stress Reduction
- Goal Setting
- Tobacco Cessation
- Nutrition
- Fitness
- Emotional Health
- Sleep Hygiene
- Accountability/Support



Appointment Sign-Up

Use your phone camera to scan the QR code.

The link to schedule your appointment will appear on your screen automatically:

Apple: below the QR code being scanned

Android: at the top or bottom of the screen

OR type the link into your browser

Select a date and appointment time and complete the registration form.



<https://WakeMed.as.me/VirtualNutritionAppointments>

<https://WakeMed.as.me/VirtualCoaching>

REASONABLE ALTERNATIVE STANDARD (RAS) INFORMATION FOR TOBACCO

The Fred Smith Wellness Program FREE RAS options for tobacco include: [WakeMed Tobacco Cessation Coaching](#) or the [Quitline NC](#). Both options can offer help to set and meet goals, manage cravings, develop a strong support system, discuss medication options, make a specific plan catered for your success, and more. Fulfill the RAS requirement by completing four (4) sessions. *Employees must report QuitlineNC completion to WakeMed via instructions below.



Questions? Liza MacDonald (se habla español) at MobileWellness@wakemed.org or 919-350-5909.

WakeMed Tobacco Cessation Coaching

Tobacco Treatment Specialists are available for sessions via phone (30 minutes or less). This service is available to any Fred Smith employee, whether on insurance or not.



Appointment Sign-Up

Use your phone camera to scan the QR code.

The link to schedule your appointment will appear on your screen automatically:

Apple: below the QR code being scanned

Android: at the top or bottom of the screen
OR type the link into your browser

<https://WakeMed.as.me/VirtualCoaching>

Select a date and appointment time and complete the registration form.

QuitlineNC

QuitlineNC has trained Tobacco Quit Coaches in English and Spanish available to help. Phone calls, on-line support, or texting is available at convenient times – including nights and weekends. Eligibility for nicotine patches, gum, or lozenges at no cost can be discussed. *Employees must report completion to WakeMed for full rewards.

1. English - Call 24/7 Toll-Free QuitlineNC:
1-800-QUIT-NOW (1-800-784-8669)
Español - Llame a QuitlineNC:
1-855-Dejelo-Ya (1-855-335-3569)
Or visit: <https://quitlinenc.dph.ncdhhs.gov/>
2. Complete 4 coaching sessions.
3. Ask for a completion certificate.
4. ***Send the completion certificate via mail, fax, or secure email to:**

Liza MacDonald,
WakeMed Corporate & Community Health
3000 New Bern Ave.
Raleigh NC 27610
Fax: 919-350-6739

Email: MobileWellness@wakemed.org
Questions? (se habla español) 919-350-5909