



FOR IMMEDIATE RELEASE

\$597,693 grant enhances weight management services

PARK RAPIDS, MN (Feb. 17, 2015) – Becoming involved in a weight management program just got even easier at CHI St. Joseph's Health with enhanced program offerings and the arrival of a Lifestyle Coach and Navigator.

These new services are funded by a three-year \$597,693 grant from PrimeWest Health's Community Reinvestment Grant Program to support development and implementation of a Lifestyle Navigator Program and to enhance the current weight management programming.

"CHI St. Joseph's Health Weight Management Center patients will discover improved access to nutrition education, exercise, behavior health services, tailored health goals and transportation so they can lose weight and experience better health," says Leah Walters, Weight Management Center manager. "We are especially excited to enhance our weight management offerings to include pediatric youth ages 6 to 18."

The Community Health Reinvestment Grant Program allows CHI St. Joseph's Health to collaborate locally to assist patients with medical transportation needs and to partner with area healthcare providers including behavior health professionals, organizations and agencies.

"By working with other providers and organizations, we will provide a multi-disciplinary team approach to helping all patients, including our underserved populations, achieve their weight management goals," says Ben Koppelman, CHI St. Joseph's Health president.

"As healthcare resources continue to shift from taking care of the sick to keeping people well, this grant allows us to create a healthier community and help adults and youth experience better health," Koppelman adds.

Brett Fredrickson, Exercise Physiologist, is the new Lifestyle Coach and Navigator at the Weight Management Center. Your first step to losing weight and to creating a healthy lifestyle for yourself is to simply call or text him at 218.255.7527.

Following an initial assessment, Fredrickson will evaluate your overall health and medical history from your primary care provider. Together you set personal health goals, and your Lifestyle Coach guides you to program offerings tailored to your specific needs.

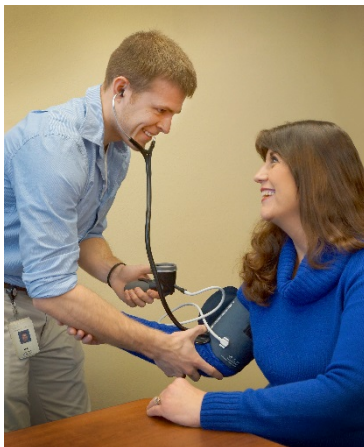
“What I love about my job as Lifestyle Coach and Navigator is to see patients set and achieve their goals,” he says. “I am here to offer support and encouragement. It is rewarding to see people embracing a healthy lifestyle and becoming accountable for their own successes while gaining a fresh outlook on life.”

The ultimate goal with the PrimeWest Health’s Community Reinvestment Grant Program is to improve weight management outcomes for patients, decrease healthcare costs and reduce hospital readmissions.

Since 2004, CHI St. Joseph’s Health Weight Management Center has been an active leader in improving health outcomes in the community having served over 4,500 patients seeking surgical and medical weight management solutions.

###

Photo/Cutline



Brett Fredrickson, Lifestyle Coach and Navigator, helps patients set personal health goals and directs them to program offerings specific to their needs. His role at CHI St. Joseph’s Health Weight Management Center is among enhanced services made possible through the PrimeWest Health Community Reinvestment Grant Program. Fredrickson is shown here with Paula Dormanen of Nevis.

About CHI St. Joseph's Health

CHI St. Joseph's Health is a 25-bed critical access hospital serving communities in Hubbard, Becker, Cass and Wadena Counties since 1946. In recent years, CHI St. Joseph's Health's award-winning teams took several national honors including: The Joint Commission Top Performer on Key Quality Measures in surgery; Top 100 Critical Access Hospital, HealthStrong; WomenCertified's America's Best Hospitals Women's Choice Award in obstetrics; and the Studer Group Fire Starter Healthcare Organization of the Month among other national and state recognitions.

About PrimeWest Health

Created in 1998, PrimeWest Health is a County-Based Purchasing (CBP) health plan owned by the 13 rural Minnesota counties we serve: Beltrami, Big Stone, Clearwater, Douglas, Grant, Hubbard, McLeod, Meeker, Pipestone, Pope, Renville, Stevens, and Traverse. PrimeWest Health is governed by a Joint Powers Board (JPB) of directors that includes two county commissioners (one primary and one alternate) from each PrimeWest Health owner county. PrimeWest Health is headquartered in Alexandria, Minnesota. PrimeWest Health provides health care coverage for over 35,000 enrollees of Minnesota Health Care Programs (MHCP) who live in the 13 counties. Serving the people of greater Minnesota offers special challenges and PrimeWest Health is uniquely qualified to handle them. Since its inception, PrimeWest Health has reinvested over \$11 million into the communities in its service area through the Community Reinvestment Grant Program. In this way, PrimeWest Health hopes to make these communities stronger and healthier. For more information, visit www.primewest.org/Community/GrantOpportunities.

###

Contact: Liz Shaw
Communication/Marketing Coordinator
CHI St. Joseph's Health
600 Pleasant Avenue
Park Rapids, MN 56470
218.616.3312