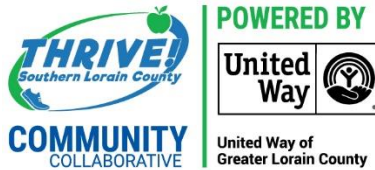




Mercy Health – Lorain Parish Nursing Program  
Phone: 440.989.3900 FAX 440.233.1022



## ***A Once-in-a-Lifetime Opportunity to Improve Your Health!*** **THE THRIVE! COMBATING METABOLIC SYNDROME PROGRAM**

For the second year in a row, Mercy Health-Lorain Parish Nursing Program and THRIVE! Southern Lorain County are sponsoring “Combating Metabolic Syndrome” – a program that helps reduce the risks of diabetes, obesity and hypertension for residents of southern Lorain County.

### **What Is “Metabolic Syndrome”?**

Metabolic Syndrome is a cluster of conditions that includes abdominal fat, high blood pressure, high blood sugar and unhealthy cholesterol levels. Treatment is focused on tackling each of these conditions. The goal of the “Combating Metabolic Syndrome” program is to decrease participants’ blood pressure (BP), waist circumference, blood glucose and triglycerides, as well as increase the High-Density Lipid (HDL) cholesterol level, if low. All efforts will hopefully reduce the risk factors associated with Metabolic Syndrome.

### **Managing Prediabetes**

This year’s program focuses on prediabetes for those with a higher-than-normal blood sugar level. Without lifestyle changes, adults and children with prediabetes are more likely to develop type 2 diabetes. The long-term damages of diabetes — especially to the heart, blood vessels and kidneys — may already be starting.

### **How Does the Program Work?**

Once individuals are accepted, they will enjoy a comprehensive program that emphasizes:

- **Healthy Eating** -- special meal plans that are tailored to each individual
- **Active Living** – a fitness regime either in person or on Zoom
- **Social/Emotional Support** – monthly phone calls to offer encouragement and to help keep individuals on track with the program

### **Apply for the Program Now!**

The program is open to a limited number of individuals and will begin mid-February for six months. Combating Metabolic Syndrome is completely individualized to each participant’s needs.

The ultimate objective of the program is that the experience will empower participants to take their new-found knowledge home to their families, breaking the chain of Metabolic Syndrome for the next generation.

**Time is of the essence. To apply for the program or for more information, fill out the registration form below and email it to Betsy Neubauer, RN:  
[BNeubauer@mercy.com](mailto:BNeubauer@mercy.com); telephone 440-989-3900.**



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## THRIVE! Combating Metabolic Syndrome Application and Registration Form

The purpose of this program is to support our local communities to know, manage, and improve the metrics that impact chronic diseases. All are welcome regardless of preexisting health conditions. Due to limited capacity, we are searching for participants who will commit to this 7-month program. We ask that as an applicant you will commit to the timeline and requirements of this program. Please check with your health care provider before beginning any new exercise or lifestyle change.

**PLEASE PRINT. THANK YOU FOR YOUR PARTICIPATION AND CONSIDERATION**

### PLEASE COMPLETE:

Do you have health insurance:  Yes  No

If Yes, do you have a:  Co-payment over \$20.00  High deductible

<b>Your family background is? (Circle)</b>					
African American	Hispanic	White	Native Am. Indian	Asian	Other

### PERSONAL PHYSICIAN (PCP):

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Apt. \_\_\_\_\_

City: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**MEDICATIONS: Check illnesses / Chronic Diseases you are taking medication for:**

Telephone: \_\_\_\_\_

- Diabetes  Heart
- High Blood Pressure  Arthritis
- Cholesterol  Other

Do you accept Text Messages YES _____ NO _____
--

Date-of-Birth: \_\_\_\_\_ Male Female

E-mail Address \_\_\_\_\_

Weight \_\_\_\_\_ Height \_\_\_\_\_

### What would be required of you if you are selected in the [THRIVE! Combating Metabolic Syndrome Program?](#)

- Program Period – February 2022 – July 2022
- Monthly Educational Zoom Meetings
- One-on-One Coaching Telephone Call
- Initial Lab Screening / Education
- Lab Screening January and May
- Fitness / Exercise Tracking

### Why should we select you as a participant in [THRIVE! Combating Metabolic Syndrome?](#)

Please write a brief explanation- a paragraph will suffice- as to why you should be selected for our program.

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**Program Healthcare / Care Release**

I hereby authorize Mercy Health to provide my personal physician any information pertaining to any abnormal readings which may result from my participation in this detection program. Blood samples may be drawn. The risk for participation in this detection include the following: pain, discomfort, or bruising. There is a small chance of infection at the puncture site. This will be minimized by the use of sterile techniques at the time of the drawing.

I hereby authorize Mercy Health to use the results of the screening for statistical purposes. I have received or was offered and declined a copy of the Mercy Health Privacy Notice.

My signature indicates that this release is in effect for all subsequent drawings.

I also know that this is **not** a release for the use of my name or picture in marketing or media releases. This will be covered in a separate document.

**Printed Name:** \_\_\_\_\_

**SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_ **Time** \_\_\_\_\_

**IF PARTICIPANT IS UNDER THE AGE OF 18, A PARENT’S OR GUARDIAN’S SIGNATURE IS REQUIRED**

**YOUR CHURCH / CONGREGATION OR AFFILIATION** \_\_\_\_\_

**IF YOU ARE SELECTED FOR THE PROGRAM – MAY WE CONTACT YOUR PASTOR OR CONGREGANT LEADER TO ADVISE THEM OF THE NEWS? Y N**

**WHERE / HOW TO SUBMIT COMPLETED APPLICATIONS:**

Mercy Health – Parish Nursing  
3700 Kolbe Road  
Lorain, OH 44053  
Phone: 440-989-3900  
Fax: 440-233-1022

Lisa Schneider: [Lisa.schneider@mercy.com](mailto:Lisa.schneider@mercy.com)  
Donna Sims, RN: [DSims@mercy.com](mailto:DSims@mercy.com)  
Betsy Neubauer, RN: [BNeubauer@mercy.com](mailto:BNeubauer@mercy.com)  
Catherine Woskobnick: [Catheirne.woskobnick@mercy.com](mailto:Catheirne.woskobnick@mercy.com)