



Human Resources

HEALTHY BOILER

Purdue Center for Healthy Living
Health Coach Meet & Greet and Program Overview

Registered Nurses

Introduction



Whitney Soto, RN

- RN – Registered Nurse
- BSN – Bachelor of Science in Nursing
- BA – Bachelor of Arts in Psychology

Cheryl Laszynski, RN

- RN – Registered Nurse
- BSN – Bachelor of Science in Nursing,
- MBA – Master in Business Administration
- CHWC – Certified Health / Wellness Coach





Dietitians



Introduction

Megan Shidler, RD	Jessica McKeever, RD	Lydia Hatfield, RD
<ul style="list-style-type: none">• RDN – Registered Dietitian• BS Dietetics• BS Nutrition, Fitness, & Health• Purdue University	<ul style="list-style-type: none">• RDN – Registered Dietitian• MS Nutrition and Dietetics• BS Nutrition and Dietetics• Purdue University	<ul style="list-style-type: none">• RDN – Registered Dietitian• Bachelor of Science— Nutrition and Dietetics



Purdue Northwest Health Coach

Introduction



Amy Becker

- Bachelors of Science in Exercise Science from North Park University
- Certified Intrinsic Health and Wellbeing Coach – Intrinsic Solutions International
- Personal Trainer – American Council on Exercise



Purdue Northwest Fort Wayne

Introduction



Ethan De La Torre

- Bachelor of Science in Exercise Science and Minor in Nutrition- Huntington University
- Certified Strength and Conditioning Specialist (CSCS) through the NSCA, and certified by USA Weightlifting (USAW).



Learning Objectives

- What is a Health Coach?
- Health Coaching Topics
- Healthy Boiler Program, Portal, & Wellness Initiatives
- 2025 Wellness Workshops & Webinars



What is a Health Coach?

- A Health Coach is a professional who helps clients set and achieve health goals by providing guidance, support, and motivation. Using a client centered approach, we will build new habits by developing personalized strategies.

Topics can include but are not limited to:

- Motivation
- Goal setting
- Nutrition
- Exercise
- Weight loss
- Smoking
- Sleep
- Stress management

What to expect in a health coaching session:

1. Introductions
2. Health History
3. Understanding goals and your “why”
4. Explore specific topics
5. Action Plan
6. Wrap up



Behavioral
Health



Financial
Wellness



Physical
Health



Social
Wellness



Work-Life
Integration



**Not all pounds
are created equal!**

InBody Assessment

- Better understand your health by seeing how much muscle, fat, and water you have instead of relying on a single number on the scale!
- InBody uses bioelectrical impedance technology to provide measurements like skeletal muscle mass, percent body fat, basal metabolic rate, visceral fat level, and body water.
- Results explained by a health coach immediately.



Healthy Boiler Portal

**HEALTHY
BOILER**

- Through the Healthy Boiler Program Portal, employees and spouses will log their activities and other information related to the 2025 wellness incentive as well as be able to access supporting health and wellness resources.
- Employees and covered spouses/dependents 18+ will need to register to access the site.
- Employees must register and login first to allow spousal access to the site.
- Covered spouses/dependents 18+ must register separately to manage activity and receive the incentives.



Complete your Annual Physical

- This step is required to begin earning incentives in 2025, and the form must be completed and uploaded into the Healthy Boiler portal before payment for additional steps can be paid.
- However, you may complete the steps in whatever order works best for you. Once the annual physical is completed and uploaded into the portal, it will trigger payment for all other completed activities.

HEALTHY BOILER 2023 Physical Form

HEALTHY BOILER WELLNESS PROGRAM INFORMATION (Please print legibly)

Last Name: _____ First Name: _____
 PUID: 00 _____ (10-digit number) DOB: _____
 Email Address: _____ Phone Number: _____

PHYSICAL EXAM (required):
 The completion of the Physical Exam is required to earn incentive dollars.

Physical Exam	Provider Initials	Date of Exam
Physical completed between Jan 1, 2023 – Dec 31, 2023		

BIOMETRIC VALUES (optional):
 To earn additional incentive dollars all 'Values' and 'Date of Measure' must be provided. Biometric results will be entered on your behalf into the Healthy Boiler portal by One to One Health if they are provided.

Biometric Measure	Value	Date of Measure
Current Body Weight (lbs)		
Height (inches)		
Systolic Blood Pressure (top number)		
Diastolic Blood Pressure (bottom number)		
LDL Cholesterol Level		
A1c		

PREVENTIVE EXAMS (optional):
 To earn additional incentive dollars by completing one of the following exams:

Preventive Exam	Provider Initials	Date of Exam
Skin Cancer Check		
Flu Shot		
Depression Screening		
Prostate Exam		
Pap Smear		
Shingles Vaccine		

SCREENING COMPLETED BY:

AUTHORIZED SIGNATURE
OR STAMP OF
PROVIDER OR LAB

Please refer to page 2 of this provider form to review protections from disclosure of medical information.

Center for Healthy Living

Workshops & Webinars 2025

Health Coaching and Healthy Boiler programs / webinars are *FREE* to benefits-eligible employees as well as their dependents covered under a Purdue health plan.

Health Kick

Benefits

- Engaging videos increase your nutrition knowledge
- Tips for building a sustainable healthy lifestyle
- Personalized 1-1 health coaching to turn knowledge into action (optional)
- InBody machine to measure muscle mass, percent body fat, inflammation and more! (optional)

Commitment

- 6 weeks
- 10 minutes Monday – Friday to watch videos

Anticipated Start Dates

9/8/25, 1/5/26



Taking Control of My Diabetes

Benefits

- Education on diabetes terms and symptoms
- Tools to monitor your blood sugar with complimentary glucose monitor and supplies
- Actionable steps with nutrition, movement, stress management and more

Commitment

- 10 weeks
- 1-hour weekly live classes
- Weekly readings and questions

Anticipated Start Dates

9/3/25



Benefits

- Make sustainable changes to prevent or treat chronic illness and optimize health
- Move towards plant-based, whole food options
- InBody assessments (muscle mass, percent body fat)
- Biometric markers including blood lipids, A1c, CRP

Commitment

- 12 weeks
- 1-hour weekly live classes (Bi-weekly the first 6 weeks; weekly the 2nd 6 weeks)
- Weekly readings, videos, & goal tracking

Anticipated Start Dates

9/22/25



Asthma Care for Adults

Benefits

- In-depth, customized courses
- Increased knowledge of asthmatic fundamentals, controlling triggers, and maintaining an active, healthy life.

Commitment

- 4 weeks
- 1-hour live classes (Bi-weekly the first 2 weeks; weekly the last 2 weeks)

Anticipated Start Dates

3/17/26



121 Fitness Programming

Benefits

- Increase your working knowledge of the three types of exercise: aerobics, resistance training, and flexibility
- Establish your fitness level with interactive activities and create a personalized workout plan
- Add tools and strategies to avoid injury and take your fitness goals to the next level

Commitment

- 4 weeks
- 1-hour live weekly classes

Anticipated Start Dates

121Fit	2/1	9/11
121Strength	2/29	10/9
121Stretch	3/28	11/6



Heart Knowledge

Benefits

- Increased knowledge of hypertension and actionable steps to stay heart healthy
- Tools to track your blood pressure with complimentary monitor (eligibility requirements)
- Personalized 1-1 health coaching to turn knowledge into action (optional)

Commitment

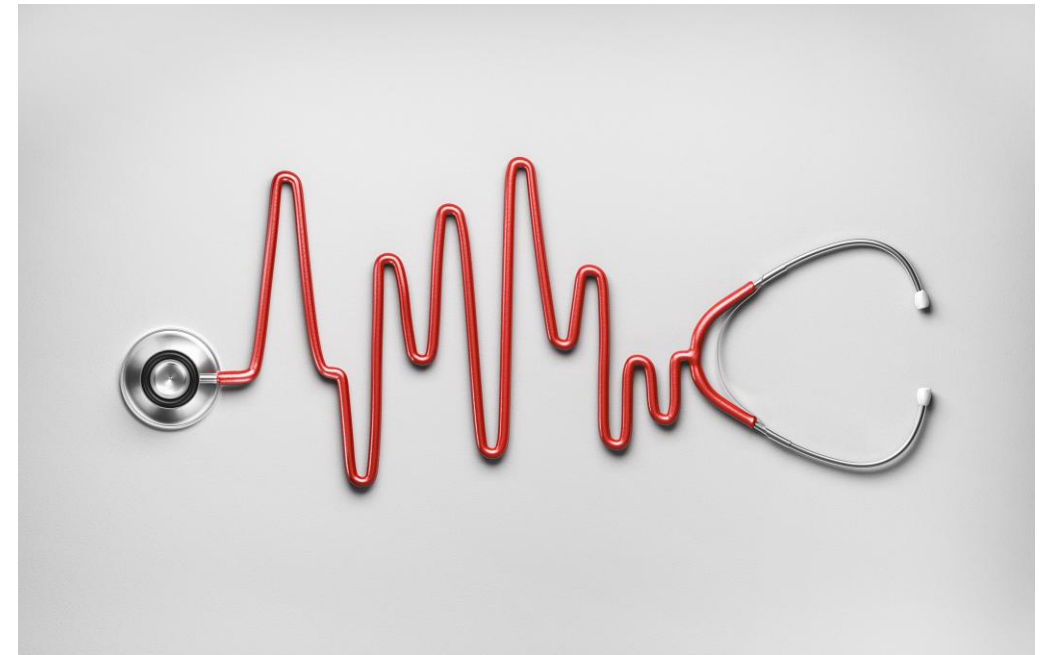
- 6 weeks
- 1-hour live weekly classes

Anticipated Start Dates

3/29

4/24

9/16



Tobacco Cessation

Benefits

- Learn about strategies to help you quit and live a life tobacco free
- Resources to help you avoid or waive the tobacco user premium as part of your Purdue Health Plan

Commitment

- 6 weeks
- 1-hour live weekly classes

Anticipated Start Dates

2/10/26

1-800-QUIT-NOW



Intuitive Eating

Benefits

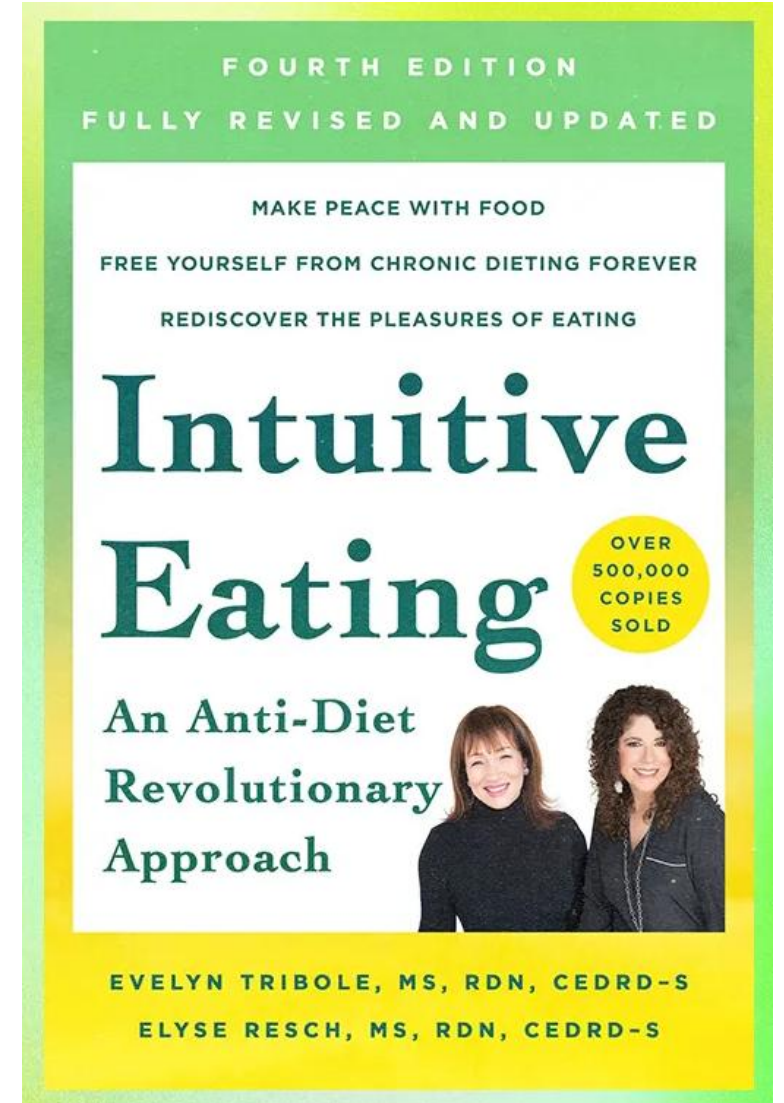
- Shift the focus from centering health on weight to trusting physical, emotional, and mental signals
- Self-explorative journey to discover flexible eating and movement habits that help you feel your best and promote long-term, sustainable health.
- Resources provided and classes led by Registered Dietitians

Commitment

- 8 weeks
- 1-hour live weekly classes
- Book club format- 1 to 2 chapters assigned each week

Anticipated Start Dates

10/27/25



Burnout Prevention

Benefits

- Learn strategies to regain balance in various aspects of life
- Address work, home, and social interactions that might be contributing to burnout

Commitment

- 5 weeks
- 1-hour live weekly classes

Anticipated Start Dates

11/4/25



January through April

January

- Optimizing your Health: Strategies for a Balanced Life

February

- Be Kind to Your Heart

March

- Nutrition Basics (3-part mini-series)

April

- Gut Check: Optimizing Your Health From the Inside Out (3-part mini-series)

May through August

May

- Coping and Acceptance with Depression and Anxiety

June

- Seasonal Allergies: A Guide to Combatting Symptoms

July

- Skin Cancer Awareness

August

- The Magical Power of Sleep

September through December

September

- Getting Started with Yoga

October

- Raising Healthy Kids: A Guide to Nutrition, Play, and Rest (3-part mini-series)

November

- Living with Prediabetes & Diabetes: Actionable Ways to Improve Glucose Control

December

- Making Time for Self-Care

Additional Healthcare Options

- Physicians, Nurse Practitioners and Physician Assistants
- On-Site Pharmacists
- Labcorp
- EAP Counselors & Support
 - Call toll-free at **888-981-4692**
 - Visit **AllOneHealth/DeerOaks** to access the member portal.
 - Once on the website, click “sign up” and create an account using your email address and company code: **purdue**



Additional Healthcare Options

**HEALTHY
BOILER**



TextCare by One to One Health

- Acute care and healthcare consultation.
- 24/7 availability via text message, video chat or phone call.
- Offering unlimited access to the care, you can receive treatment for acute needs, prescriptions, medical advice, appointments, referrals and timely follow-ups, at no cost to you.



Melissa Madsen, Healthcare Navigator (O2O Health)

P: 765-295-6490

E: healthcarenavigation@121.health



Sarah Hagan, Healthcare Concierge (Anthem)

P: 317-287-6795

E: Sarah.Hagan@anthem.com

CHL Telehealth team at **765-705 0584**

CHL (Main)

1400 Mitch Daniels Boulevard, Bldg B, Ste C
West Lafayette, IN 47906

CHL (Annex)

1404 Mitch Daniels Boulevard, Bldg D, Ste G
West Lafayette, IN 47906

Appointment Hours:

Monday – Thursday: 7 a.m. - 7:30 p.m.
Friday: 7 a.m. – 5 p.m.

Lab Hours:

Monday – Friday: 7 a.m. to 4 p.m.
The center's Tier 1 lab is run by LabCorp.
Fax orders for lab work to LabCorp at 765-496-6656

- Book an appointment by calling the Center for Healthy Living (CHL) at (765) 494-0111. You can also use the CHL Patient Portal.

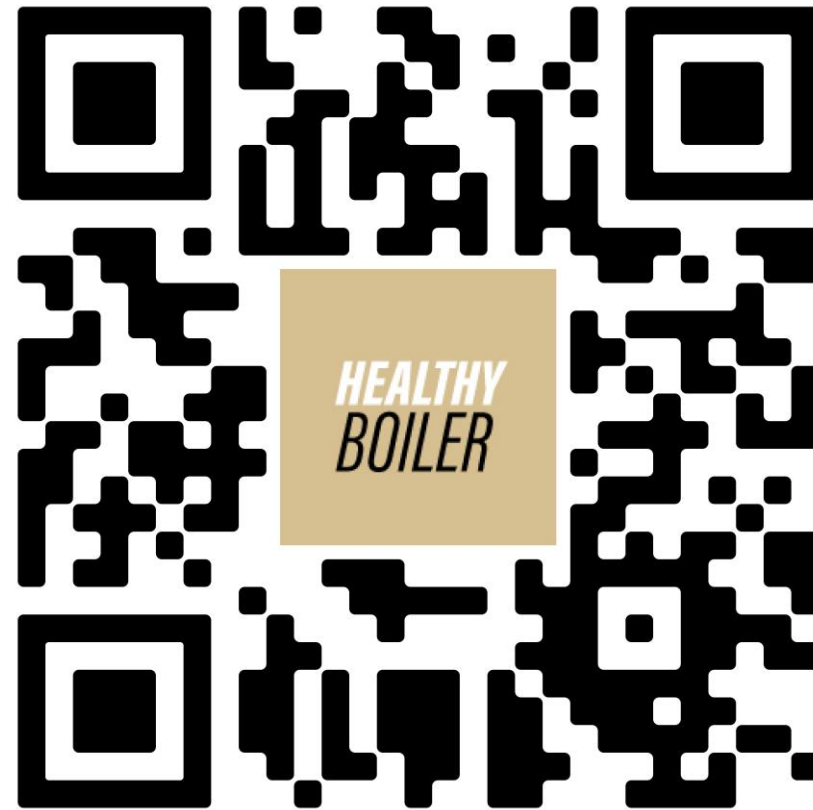


HELPFUL LINKS AND RESOURCES

Q & A

Thank you! Be on the lookout in your Healthy Boiler Portal for workshops and webinars added throughout the year!

(765) 494-0111





Human Resources

HEALTHY BOILER

PNW Health Coach Meet and Greet & Program Overview

*YOUR WELL-BEING
YOUR BENEFITS.
YOUR CHOICES.*