



What is CHIP?

The Complete Health Improvement Program (CHIP) is an affordable, lifestyle enrichment program designed to reduce disease risk factors through the adoption of better health habits and appropriate lifestyle modifications. The goal is to lower blood cholesterol, hypertension, and blood sugar levels and reduce excess weight. This is done by improving dietary choices, enhancing daily exercise, increasing support systems and decreasing stress, thus aiding in preventing and reversing disease. CHIP is based on the fact that 75% or more of our Western diseases are "lifestyle-related," according to the U.S. Surgeon General[1]. These diseases are connected to our processed diet; lack of exercise; overuse of cigarettes, alcohol, and caffeine; increased levels of stress; and the quality of our support systems.

Before the educational program begins, a comprehensive health screen is conducted to establish risk factor levels for each participant. The educational program is presented over a course of twelve weeks. Health screen results are provided to each participant early in the program, and participants are encouraged to share their results and work closely with their personal physician regarding their need for medication as they modify their lifestyle. Immediately following the program, the health screen is conducted again, and a detailed report is prepared for each participant that compares their risk factor levels before and after going through the program. Reports and course completion certificates are presented at the end of the program.

“... one of my patients dropped her total cholesterol from 300mg/dl to 200mg/dl in one month, and has since continued to improve her numbers from there. My husband has lost 12 pounds, dropped his TC by 56 points and his LDL by 40 points. My triglycerides normalized, my energy improved and my headaches went away... I strongly endorse this program and encourage you to consider it for those in your circle who have a desire to achieve optimal health through lifestyle changes.”

- Penny Shelton, MD, MPH, Family Practice Physician, Holzer Health System, Athens, OH



REAL RESULTS:

- ✓ **Normalize Blood Pressure**
Many CHIP participants that are hypertensive at the start of the program dramatically reduce and sometimes eliminate their need for medication.
- ✓ **Lower Cholesterol**
19.8% reduction in average total cholesterol in 30 days for those with baseline cholesterol of higher than 280mg/dl (7.24 mmol/l).
- ✓ **Lower Fasting Blood Glucose**
19.9% reduction in average fasting plasma glucose in 30 days for those with baseline fasting plasma glucose of higher than 125mg/dl (6.94 mmol/l).
- ✓ **Lower BMI**
Participants report reduced BMI by the average of 3% within just 30 days and with long term adherence to the lifestyle resulting in achieving ideal body weight.

For physician referrals, please call
Occupational Health Services at (402) 562-4490.

