

# 2025 LIFESTYLE EDUCATION PROGRAM

The purpose of the Lifestyle Education Program is to provide members with an opportunity to gain knowledge and skills, with the intention of improving or maintaining personal health and well-being.

Areas of focus include but are not limited to:

- Physical Health
- Nutrition
- Sleep
- Wellbeing
- Stress and Resilience
- Parenting
- Youth Camps and Coaching

## PROGRAM OVERVIEW

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Standard and Choice Medical Plan Members can be reimbursed up to \$500 per member per Calendar Year for Lifestyle Education programs found on the APPROVED list.

High Deductible Plan Members must reach their deductible prior to receiving reimbursement.

The Human Resources Benefits team will determine what programs are covered for the calendar year. This list will not change, and no new options will be added until the following year.

If you have a program recommendation to add, please send it to the Benefits Team at [hr\\_benefits@larimer.org](mailto:hr_benefits@larimer.org) and we will evaluate it to determine if it is something that could be added for the following calendar year.

Note: Not all program recommendations will be approved.

## EXCLUSION LIST\*

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- Co-pays or other member/patient financial responsibility for medical, vision or prescription claims.
- Gym Memberships.  
*Note: Physical activity programs may be included and are subject to review and approval for reimbursement.*
- Physical Activity Event Registration Fees. i.e. Triathlon Registration fee.
- Food, supplements, dietary aids.
- Metabolic Research Center, Slimgenics, or programs encouraging drastic weight loss.
- Equipment such as shoes, weights, books and fitness devices (i.e. Apple Watch, Oura Ring, Fitbit, etc.).

\* This is not an all-inclusive list.

## HDHP MEMBERS

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Members are responsible for paying the full cost for these programs up front and they will NOT be reimbursed until the deductible is met. However, HDHP members can use HSA money to pay for this if desired.

## QUESTIONS?

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Email the Benefits Team at [hr\\_benefits@larimer.org](mailto:hr_benefits@larimer.org), or call 970-498-5970.



# APPROVED PROGRAMS & RESOURCES

## PHYSICAL HEALTH

### ALL TRAILS APP

**Website:** <http://alltrails.com/>

An app providing detailed trail information verified by experts and reviewed by our global community of adventurers.

### APPLE FITNESS+

**Website:** <http://fitness.apple.com/>

Access thousands of video and audio workouts - everything from HIIT to Yoga to guided meditations. Take it further with personalized metrics from Apple Watch. Find it in the Fitness app on iPhone, iPad, or Apple TV.

### BEAUTIFULLY SAVAGE

**Website:** <https://www.bsboxing.com/beautifully-savage/>

Energizing sessions that blend cardio and strength training, ensuring a dynamic and enjoyable fitness experience. Class package options are eligible, monthly membership fees are excluded.

### BOOT CAMP CLASSES WITH AMBER STALEY

**Email:** [ambermillerstrengthco@gmail.com](mailto:ambermillerstrengthco@gmail.com)

Programs including pre and post assessment, workout instruction, goal setting, habit change, nutrition coaching, and weekly check ins.

### CSU ADULT FITNESS

**Website:** [www.chhs.colostate.edu/hes/outreach-and-engagement/adult-fitness/](http://www.chhs.colostate.edu/hes/outreach-and-engagement/adult-fitness/)

Individualized strength, cardio and mobility sessions led by a CSU Department of Health and Exercise Science student. Providing clinical experiences for students and a forum for research while promoting the benefits of physical activity to the participant.

### F45

**Website:** <http://f45training.com/fortcollinsdowntown/home>

Cardiovascular and strength circuit-training in a coached, non-competitive small-group setting. Approved programs include 4-6 week challenges and 10 or 20 class packages.

### JIU JITSU SELF DEFENSE

**Website:** <https://academyofgrind.com/>

**Phone:** (720) 431-5123

25 weeks of training specifically tailored to understanding the application of jiu jitsu and its practices.

### LOVELAND SPENGA

**Website:** <https://lovelandco.spenga.com/>

Spin, strength training and yoga workout packs of 10, 20 or 30 good at Loveland location.

### MOVEMENT APOTHECARY

**Website:** <https://www.themovementapothecary.com/>

Pilates, Yoga, Meditation and Dance classes. Class package options are eligible.

### MTN TOUGH

**Website:** <http://mtntough.com/>

Built and tested by hunters and military SOF; mission specific training for the ultimate functional fitness.

### ORANGE THEORY

**Website:** [www.orangetheory.com](http://www.orangetheory.com)

Heart rate-based interval training. This multidimensional workout of rowing, cardio, and strength training allows for you to maximize your workout. Good for 10, 20, or 30 punch passes only.

# APPROVED PROGRAMS & RESOURCES

## PHYSICAL HEALTH (cont'd)

### OURA APP

**Website:** <https://ouraring.com/oura-experience>

Membership provides sleep, heart rate, temperature and activity information. Device purchase is excluded from reimbursement.

### PELETON APP

**Website:** <https://www.onepeloton.com/>

Access to thousands of classes with no equipment required.

### PERSONAL TRAINING @ THE LARIMER COUNTY FITNESS CENTER

**Website:** <https://www.larimer.gov/hr/benefits/wellness-clinic/fitness-center>

#### Approved Trainers:

Amber Staley, [ambermillerstrengthco@gmail.com](mailto:ambermillerstrengthco@gmail.com)

Shelley Beyerle, [shelly@rockymountainrossiter.com](mailto:shelly@rockymountainrossiter.com)

Only trainers approved and providing services at the LC Fitness Center will be covered.

### REPS AND RESTORE

**Website:** <https://repsandrestore.com/>

8 week program that promotes physical fitness, stress management, training, recovery and education through a multifaceted approach. \$500 program is eligible, monthly membership fees are excluded.

### STRETCH LAB

**Website:** [www.stretchlab.com](http://www.stretchlab.com)

One-on-one Assisted Stretch Studio · Program includes 12, 25-minute sessions or 6, 50-minute sessions.

### STRETCH ZONE

**Website:** <https://www.stretchzone.com/>

One on One assisted Stretch. Stretch Zone's isolation of individual muscles breaks up tissue glue, unwrapping the stranglehold on your posture and valuable energy. Proper stretching slows down the aging process. You can improve posture, circulation, and range of motion.

### THE STOKED METHOD APP

**Website:** [www.kirastokes.com/the-stoked-method](http://www.kirastokes.com/the-stoked-method)

Form-focused, science-backed flow of movement including functional and traditional methods.

### WHOOOP APP

**Website:** [www.whoop.com/](http://www.whoop.com/)

Personalized fitness and health coach app analyzes your key metrics like HRV and resting heart rate to determine a daily recovery score and shows you how specific lifestyle and training behaviors.

## NUTRITION

### FORT COLLINS NUTRITION

**Website:** [www.ftcollinsnutrition.com](http://www.ftcollinsnutrition.com)

Intuitive Eating class includes individualized nutrition assessment, group education and support; focused on nutrition and lifestyle.

### FUNCTIONAL MEDICINE: DR. EMILY ANDERSON

**Website:** [www.themintmd.com](http://www.themintmd.com)

Treatment for digestive, endocrine, headaches, hyper or hypothyroidism, autoimmune disease, chronic digestion issues, blood sugar issues or unknown discomfort.

# APPROVED PROGRAMS & RESOURCES

All supplements, foods and medications are excluded.

## NUTRITION (cont'd)

### FUNCTIONAL MEDICINE: F8 WELL CENTER

**Website:** <https://f8wellcenters.com/>

Treatment for digestive, endocrine, headaches, hyper or hypothyroidism, autoimmune disease, chronic digestion issues, blood sugar issues or unknown discomfort.

### FUNCTIONAL MEDICINE: NUTURE MD

**Website:** <http://nuturemdhealth.com/>

We help motivated patients address fatigue, autoimmune disorders, gut health & hormonal imbalances, so they can enjoy a well-balanced, productive life looking and feeling their best. Medical weight loss is excluded.

### GENETIX COACHING

**Website:** <http://genetixcoaching.com>

Genetic Testing, Pharmacogenomic Testing with Wellness & Nutrition Coaching to assist with nutrition, weight management 6 or 12 wellness and nutrition coaching sessions. Can be used as 60 or 30 minute sessions or can mix and match as needed.

### NOOM APP

**Website:** [www.noom.com](http://www.noom.com)

Developed to work with your body's needs to create a sustainable weight loss plan.

### SAPNA VON REICH

**Website:** [www.sapnavonreich.com](http://www.sapnavonreich.com)

Nutrition and cooking classes and 1-on-1 coaching; choosing healthy food alternatives.

### WW (WEIGHT WATCHERS)

**Website:** [www.weightwatchers.com/us](http://www.weightwatchers.com/us)

Focuses on making healthy lifestyle changes to lose weight and maintain it. Encourages healthful habits, support, movement, and eating smarter. In-person or online resources.

All supplements, foods and medications are excluded.

## SLEEP

### BETTER SLEEP APP

**Website:** [www.bettersleep.com](http://www.bettersleep.com)

A personalized sleep experience for more restful nights and wakeful days.

### SLEEP SOLUTIONS FOR CHILDREN

**Website:** [www.sleepsolutionsforchildren.net](http://www.sleepsolutionsforchildren.net),

**Phone:** (970) 462-9229

Personalized sleep solutions and support for families with small children, ages 0-5 years old. Clients can expect personalized education and support including: an initial assessment, consultation, customized sleep plan, feeding and lactation support, and sleep resources guides.

### SLEEPER TEACHERS

**Website:** <https://sleeperteachers.com/sleep-training-services/>

Sleep support interest form and evaluation call to determine level and type of assistance needed. Any Sleep teachers package or resource is eligible for this benefit.

### TAKING CARA BABIES

**Website:** <https://takingcarababies.com/>

Online sleep classes and resources for newborns through age four. We help babies sleep better so families can thrive.

## WELLBEING & RESILIENCE

### BALANCE APP

**Website:** <https://balanceapp.com/>

Meditation app that is personalized to you to improve sleep, stress and more. Is tailored to the various stages of life and different personalities.

# APPROVED PROGRAMS & RESOURCES

## WELLBEING & RESILIENCE (cont'd)

### BRIGHTER FUTURE VISION THERAPY

**Website:** <https://brighterfuturevisionclinic.com/index.htm>

Non-surgical treatment for many common visual problems including amblyopia, strabismus, double vision, convergence insufficiency and some reading and learning disabilities.

### CALM APP

**Website:** [www.calm.com](http://www.calm.com)

Meditation, music, sleep, movement, mindfulness classes.

### DRALA MOUNTAIN CENTER

**Website:** [www.dralamountain.org/programs-retreats](http://www.dralamountain.org/programs-retreats)

Retreat setting for studying yoga, meditation and contemplative arts. Any of the Meditation and Mindfulness Courses are eligible. \*\*ONLY Program registration costs may be reimbursed; lodging costs are excluded from reimbursement.

### FORT COLLINS BIOFEEDBACK: JEN STRATING

**Website:** <http://fortcollinsbiofeedback.com/about-biofeedback/>

Biofeedback is a mind-body technique where you are trained to improve your health using signals from your body. Online mindfulness, meditation and stress management classes are also covered.

### FORT COLLINS NEUROFEEDBACK: TENLEY ROEDER

**Website:** <https://www.fortcollinsneurofeedback.com/>

**Phone:** (970) 430-5049 (*call or text*)

Neurofeedback sessions with Tenley Roeder MS PMHNP-BC, ACNP-BC, FNP-C. 5 or 10 sessions packages.

### HEADSPACE APP

**Website:** [www.headspace.com](http://www.headspace.com)

Meditation app committed to advancing the field of mindfulness meditation through clinically-validated research on our product.

### IOME SELF CARE SERVICES

**Website:** <http://www.iomenow.com/>

Educational trainings on mental health-related topics from IOME therapists and tools and action plans from our local experts for bettering your physical health and wellness as well as deeply discounted rates on counseling services.

### NEUROFEEDBACK CLINIC OF NORTHERN COLORADO

**Website:** <https://ncnoco.net/>

Neurofeedback teaches the brain to maintain healthy habits and over time can "rewire" the brain and is helpful in the treatment of anxiety, insomnia, PTSD, Autism, Depression, ADD/ADHD, and Migraines.

### RELATIONSHIP, MARRIAGE, FAMILY COUNSELING & COACHING

Any licensed provider of your choice. We suggest starting your search with Family Care Center because of the direct contract and priority scheduling offered.

## MATERNITY, PARENTING, & WOMEN'S HEALTH

### BANNER HEALTH

**Website:** [www.bannerhealth.com/calendar](http://www.bannerhealth.com/calendar)

Pregnancy, postpartum or parenting classes.

### ERIKA BLOOM

**Website:** [www.erikabloomdigital.com/categories/postpartum](http://www.erikabloomdigital.com/categories/postpartum)

# APPROVED PROGRAMS & RESOURCES

## MATERNITY, PARENTING, & WOMEN'S HEALTH (cont'd)

Heal, restore and strengthen your whole body with access to our library designed to personally support your body and mind through your postpartum journey.

### FOOTHILLS CHILDBIRTH EDUCATION ASSOCIATION

**Website:** <http://www.foothillschildbirth.org/>

Any of the Labor, Postpartum or Breastfeeding.

### INSIGHT PELVIC HEALTH

**Website:** <https://www.insightpelvichealth.com/>

Wellness programs for the female body, mind and soul; restoring health and wellbeing while focusing on prevention.

### MIDDAY

**Website:** <https://midday.health/>

Menopause App that helps you take control of your symptoms and begin your healthy aging journey.

### WOMEN'S CLINIC OF NORTHERN COLORADO

**Website:** <https://womensclinicnoco.com/>

Any pregnancy or post pregnancy category classes.

## YOUTH CAMPS & COACHING

### AMAZING ATHLETES OF NORTHERN COLORADO

**Website:** <https://amazingathletes.com/co/noco/program/sports-discovery/>

Explore, learn, develop, and play with Amazing Athletes Sport Discovery! Multi-week programs designed to empower kids to discover their inner athlete & love of sport.

### CSU SPORTS CAMPS

**Website:** [www.chhs.colostate.edu/hes-youth-sport-camps/](http://www.chhs.colostate.edu/hes-youth-sport-camps/)

FunLIFE (Learning to Improve Fitness and Eating), Sport Science, Outdoor Adventure Camp, Super Sport Camp, Music and Movement, and all one-week, full-day sports sessions. This EXCLUDES Tennis and Golf..

NOTE: Only these programs specifically listed are covered, no exceptions.