|  |
| --- |
| **Prevention Programs Available at [*Site Name*]** |
| **Program** | **Location** | **Group or Individual** | **Cost** |
| **Weight Management** | **On-site** | **Phone or Internet** | **Group** | **Individual** | **Free** | **Co-pay** |
| TLC |   | ✓ |   | ✓ |   |  |
| MOVE! |  ✓ |  |  ✓ |  |   |  |
| Tele-MOVE!  |   | ✓ |   | ✓ |   |  |
| Individual Counseling | ✓ |  |  | ✓ |  |  |
| **Tobacco Cessation** | **On-site** | **Phone or Internet** | **Group** | **Individual** | **Free** | **Co-pay** |
| TLC |   | ✓ |   | ✓ |   |  |
| Group Classes |  ✓ |  | ✓  |  |   |  |
| Individual Counseling |  ✓ |  |  | ✓  |   |  |
| **Nutrition** | **On-site** | **Phone or Internet** | **Group** | **Individual** | **Free** | **Co-pay** |
| TLC |   | ✓ |  |  ✓ |   |  |
| MOVE! |  ✓ |  |  ✓ |  |   |  |
| Tele-MOVE!  |   | ✓ |   | ✓ |   |  |
| Individual Counseling | ✓ |  |  | ✓ |   |  |
| **Physical Activity** | **On-site** | **Phone or Internet** | **Group** | **Individual** | **Free** | **Co-pay** |
| TLC |   | ✓ |  |  ✓ |   |  |
| MOVE! |  ✓ |  |  ✓ |  |   |  |
| Tele-MOVE!  |   | ✓ |   | ✓ |   |  |
| Exercise Classes | ✓ |   | ✓ |  |   |  |
| **Stress Management** | **On-site** | **Phone or Internet** | **Group** | **Individual** | **Free** | **Co-pay** |
| TLC  |  | ✓ |   | ✓ |  |  |
| Individual Counseling | ✓ |  |  | ✓ |   |  |
| **Alcohol Use** | **On-site** | **Phone or Internet** | **Group** | **Individual** | **Free** | **Co-pay** |
| TLC  |  | ✓ |   | ✓ |  |  |
| Residential Program | ✓ |   | ✓ |  |   |  |
| Individual Counseling | ✓ |  |  | ✓ |  |  |