|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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 | ✓ |  |  | ✓ |  |  |