



HARVARD
MEDICAL SCHOOL

This program is among the highest-rated
Harvard Medical School CME courses

Tools for Promoting Healthy Change

Lifestyle Medicine

2015

June 26–27
Boston, MA

Evidence-based strategies, tools and techniques to effect healthier changes in patients
(and ourselves), including: diet, exercise, sleep, weight loss and stress management

Advance your:

- Knowledge
- Skills
- Patient outcomes
- Self-care
- Medical practice

Earn up to 21 AMA PRA Category 1 Credits™

FITNESS WEIGHT HEALTH EXERCISE

Register at LifestyleMedicine.HMSCME.com

Course Director: Edward M. Phillips, MD; Founder and Director of
the Institute of Lifestyle Medicine (ILM), Department of Physical
Medicine and Rehabilitation at Harvard Medical School





HARVARD

MEDICAL SCHOOL

Dear Colleague,

Our daily work as healthcare professionals increasingly involves caring for patients with diseases that are ultimately caused by or exacerbated by poor diet, lack of exercise, stress, inadequate sleep and smoking. Yet professional training does not adequately prepare us to leverage our position of trust to help patients initiate health-promoting behaviors. At the same time, we are seeing payment structures rapidly evolve to reward clinicians based upon our patients' health behaviors and health outcomes.

These factors have given rise to an overwhelming demand for evidence-based, lifestyle medicine practices that have been shown to reduce patient risk for chronic diseases. That is precisely what is offered at Lifestyle Medicine 2015.

Some of the country's most experienced and committed lifestyle medicine experts will offer cutting-edge research, accumulated knowledge, and hands-on methods to further your expertise in guiding your patients to healthier lives.

In this immersive, two-day experience, you will learn proven practices, accrue state-of-the-art skills, and acquire take-home tools to enable your success in effectively and efficiently helping your patients adopt and sustain lifestyle behaviors that will improve their health and quality of life.

Prior course participants describe a renewed passion for practicing medicine and reduced personal stress as they themselves learn to pay attention to their own health and to serve as role models for their patients.

I look forward to seeing you in Boston in June.



Edward Phillips, MD

*Founder and Director,
Institute of Lifestyle Medicine in the Department of Physical
Medicine and Rehabilitation at Harvard Medical School*

Who attends

- Physicians
- Nurse practitioners
- Physician assistants
- Registered nurses
- Fitness, nutrition, and wellness professionals
- Healthcare executives
- Health coaches
- Exercise physiologists
- Physical and occupational therapists
- Psychologists
- Social workers
- Residents
- Fellows

Register at **LifestyleMedicine.HMSCME.com**

Overview

Lifestyle Medicine

Lifestyle Medicine not only prevents disease, but is integral to the *treatment* of many noncommunicable chronic diseases:

- Type-2 diabetes
- Hypertension
- Cardiovascular disease
- Stroke
- High cholesterol
- Many cancers, including breast and colon
- Depression
- Anxiety
- Osteoarthritis
- Sexual health issues

COURSE DESCRIPTION

According to the World Health Organization, by 2020, two-thirds of all disease worldwide will be the result of lifestyle choices. Currently, the leading causes of death in the United States are lifestyle related: poor diet, lack of exercise, obesity, tobacco use, and overconsumption of alcohol. This course is designed to change your competence and performance-in-practice by increasing your knowledge of lifestyle medicine and helping you develop strategies to incorporate into patient care, providing the newest science of nutrition, physical activity, and stress management skills. The course will focus on effectively counseling your patients to improve their overall lifestyle, including stress management, diet, and exercise. You will also have the opportunity to commit to improving your personal health practices so that you can serve as a better role model for your patients.

Learning Objectives:

Upon completion of this course, participants will be able to:

- Recognize that lifestyle choices are the root cause of the majority of disease, death and healthcare cost.
- Utilize evidence-based practices in health coaching to support initial behavior change and to sustain the new behavior.
- More effectively and efficiently counsel patients on the importance of lifestyle changes.
- Develop strategies to encourage patients to make and meet their new lifestyle goals.

COURSE DIRECTORS

Edward M. Phillips, MD

Dr. Phillips is Assistant Professor of Physical Medicine and Rehabilitation at Harvard Medical School and Director of the Institute of Lifestyle Medicine (ILM) at the Joslin Diabetes Center. In his work at the ILM he has directed 14 live CME programs, starting in India in 2006 and continuing with twice-yearly courses sponsored by the Harvard Medical School Department of Continuing Education. He oversees a suite of 7 online CME modules in Lifestyle Medicine completed by over 9,000 clinicians from 115 countries.

Elizabeth Pegg Frates, MD

Elizabeth Pegg Frates, MD is the Founder and Director of Wellness Synergy, LLC, and Director of Medical Student Education at the Institute of Lifestyle Medicine. She is co-author of *Life After Stroke: The Guide to Recovering Your Health and Preventing Another Stroke* and of the online Harvard Medical School CME courses, "Lifestyle Medicine: The Exercise Prescription" and "Lifestyle Medicine: Metabolic Syndrome and Nutrition." An Assistant Professor, part-time in the Department of Physical Medicine and Rehabilitation at Harvard Medical School, Dr. Frates is a trained and certified wellness coach who works with both patients and physicians to achieve optimum levels of wellness.

Register at LifestyleMedicine.HMSCME.com



HARVARD MEDICAL SCHOOL

Harvard Medical School Faculty

Cheri Blauwet, MD

Instructor in Physical Medicine and Rehabilitation

Elizabeth P. Frates, MD

Assistant Professor Part-time of Physical Medicine and Rehabilitation

Sat Bir S. Khalsa, PhD

Assistant Professor of Medicine

Darshan Mehta, MD

Instructor in Medicine

Edward M. Phillips, MD

Assistant Professor of Physical Medicine and Rehabilitation

Rachele Pojednic, PhD

Research Fellow in Physical Medicine and Rehabilitation

Rani Polak, MD

Research Fellow in Physical Medicine and Rehabilitation

Fatima Cody Stanford, MD, MPH

Research Fellow in Medicine

Joji Suzuki, MD

Assistant Professor of Psychiatry

Cary Wing, EdD

Consultant to the Institute of Lifestyle Medicine, Joslin Diabetes Center

Special Keynote Speaker

David L. Katz, MD, MPH, FACPM, FACP

President, American College of Lifestyle Medicine
Founding Director, Yale University Prevention Research Center
Founder & President, Turn the Tide Foundation, Inc.
Editor-in-Chief, *Childhood Obesity Journal*

Featured Guest Speakers

Steven Adelman, MD

Director of Physician Health Services, Massachusetts
Medical Society

Caroline M. Apovian, MD

Professor of Medicine, Boston University School of Medicine

Nancy M. Enos, FACMPE, CPMA, CPC-I, CEMC

AAPC Certified ICD-10-CM Instructor, Enos Medical Coding

Kriston Kent, MD, MPH

Founder and Director of Kent Center for Life

Ruth Wolever, PhD

Assistant Professor, Department of Psychiatry & Behavioral
Sciences, Duke Medical School

Accreditation

The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Harvard Medical School designates this live activity for a maximum of 17 AMA PRA Category 1 Credits™.

The Harvard Medical School designates this enduring material for a maximum of 4 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Explanation of Credit Award: Earn up to 17 AMA PRA Category 1 Credits™ through participation in the “live” (on-site in Boston) course, Lifestyle Medicine 2015, and an additional 4 “enduring” (online) credits through your optional participation in the online *Lifestyle Medicine for Weight Management* course.

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

AMA PRA Category 1 Credits™ claimed by physicians attending live events certified and organized in the United States for AMA PRA Category 1 Credits™ can be claimed through the agreement on mutual recognition of credits between UEMS and AMA, considered as being equal to the **European Continuous Medical Education Credits (ECMEC®)** granted by the UEMS. One AMA PRA Category 1 Credit™ is equivalent to one (1) hour of European EACCME Credit (ECMEC®), therefore up to 17.00 ECMEC® Credits are available. Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

ACGME Competencies

This course is designed to meet the following Accreditation Council of Graduate Medical Education competencies: patient care, medical knowledge, practice-based learning and improvement, interpersonal and communication skills, professionalism, and systems-based practice.

Register at LifestyleMedicine.HMSCME.com

Lifestyle Medicine 2015

Reasons to Attend in 2015

You will improve your skills for:

- Addressing patient challenges with sleep, stress resiliency and weight loss
- Patient communication and motivational interviewing
- Building an effective lifestyle medicine team
- Exercise prescription
- Nutrition counseling
- Billing and coding for your lifestyle medicine efforts
- Incorporating lifestyle medicine into your current practice
- Engaging resistant patients

You will have the opportunity to:

- Hear directly from the national leaders at the forefront of lifestyle medicine and healthcare reform
- See how your counterparts have changed their personal and professional practices
- Network with like-minded health professionals seeking to promote lifestyle medicine as their practice pattern

Program changes/substitutions may be made without notice.

Disclosure Policy

Harvard Medical School (HMS) adheres to all ACCME Essential Areas, Standards, and Policies. It is HMS's policy that those who have influenced the content of a CME activity (e.g. planners, faculty, authors, reviewers and others) disclose all relevant financial relationships with commercial entities so that HMS may identify and resolve any conflicts of interest prior to the activity. These disclosures will be provided in the activity materials along with disclosure of any commercial support received for the activity. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.

Friday, June 26, 2015

7:00–8:00	Registration/Continental Breakfast
7:30–8:00	Meet and Greet
8:00–8:15	The Four Pillars of Lifestyle Medicine: Knowledge, Skills, Tools and Self-Care Edward M. Phillips, MD
8:15–9:15	Lifestyle Medicine: <i>True</i> Healthcare Reform David L. Katz, MD, MPH, FACPM, FACP
9:15–10:15	Self-Care: What It Is and Why It Matters Steven Adelman, MD
10:15–10:30	Meditation break (optional) Darshan Mehta, MD
10:30–11:30	Stress Management Darshan Mehta, MD
11:30–12:30	Obesity and Sleep Fatima Cody Stanford, MD, MPH
12:30–1:30	Lunch (<i>on your own</i>) or 12:45–1:30 pm Optional Lunch-and-Learn Forum: Social Media as a Tool for Practicing Lifestyle Medicine Cary Wing, EdD
1:30–2:30	Nutrition Counseling: The Novel Approaches That Work and the Missteps That Don't Rachele Pojednic, PhD
2:30–3:00	Knowledge, Skills and Tools from an International Physician Chef (includes under-10-minute recipes for you and your patients) Rani Polak, MD
3:00–3:15	Invigoration break (optional)
3:15–4:15	Exercise Prescription Edward M. Phillips, MD
4:15–5:15	Interactive Workshops Cementing Your Lifestyle Medicine Goals: Professional and Personal See description on right.

Register at LifestyleMedicine.HMSCME.com

Lifestyle Medicine 2015

Saturday, June 27, 2015

- 7:00–8:00 **Registration/Continental Breakfast**
- 7:30–8:00 **Meet and Greet**
- 8:00–9:00 **Health Coaching: It's Not "Eat Less; Exercise More"**
Ruth Wolever, PhD
- 9:00–10:30 **The Lifestyle Medicine Dream Team:**
- Physician
 - Nurse
 - Exercise Physiologist
 - Health Coach
 - Dietitian
- 10:30–10:45 **Meditation Break**
- 10:45–12:00 *Practitioner-to-Practitioner Lessons Learned and Successes Earned by Early Adopters*
- 12:00–1:00 **Lunch** (*on your own*)
or
12:15–1:00 pm
Optional Lunch-and-Learn Forum: Billing and Coding for Lifestyle Medicine
Nancy M. Enos, FACMPE, CPMA, CPC-I, CEMC
- 1:00–2:00 **Motivational Interviewing: The Evidence-Based Strategies That Produce the Best Results**
Joji Suzuki, MD
- 2:00–3:00 **Sleep**
Sat Bir S. Khalsa, PhD
- 3:00–3:15 **Invigoration break (optional)**
- 3:15–4:15 **Weight Loss**
Caroline M. Apovian, MD
- 4:15–5:15 **What Really Gets Patients (Even Reluctant Ones) to Effect Healthy Change**
Cheri Blauwet, MD

Interactive Workshops

Cementing Your Lifestyle Medicine Goals: Professional and Personal

These special, highly interactive workshops, included with your tuition, help you establish realistic and workable goals for Lifestyle Medicine and provide tips from experienced practitioners and peers for meeting them. Workshops include:

- Weight Loss
- Stress Management
- Exercise
- Practice Change
- Sleep

Prior registration is not required. You will have the opportunity to choose your workshop on site.

Under the direction of Elizabeth P. Frates, MD

Take-Home Tool

Tuition for this two-day course includes free registration to the online Harvard Medical School course:



► Lifestyle Medicine for Weight Management

This bonus online course, an \$80 value, provides an additional 4 AMA PRA Category 1 Credits™.

Register at LifestyleMedicine.HMSCME.com

REGISTRATION INFORMATION

Course #3524233

Register at LifestyleMedicine.HMSCME.com

Course Tuition*	Register after May 15, 2015	Register on or before May 15, 2015
Physicians	\$640	\$590 (Save \$50)
Trainees/Allied Health Professionals	\$490	\$440 (Save \$50)
Optional Lunch-and-Learn Workshops (Lunch will be provided)		
<i>Friday afternoon, June 26, 12:45–1:30pm</i> Social Media as a Tool for Practicing Lifestyle Medicine	\$50	
<i>Saturday afternoon, June 27, 12:15–1:00pm</i> Billing and Coding for Lifestyle Medicine	\$50	

* Lifestyle Medicine 2015 tuition includes free registration to the online Harvard Medical School course, “Lifestyle Medicine for Weight Management.” This bonus online course, an \$80 value, provides an additional 4 AMA PRA Category 1 Credits™.

TUITION PAYMENT, CONFIRMATION, and REFUND POLICY

Payment via credit card (VISA, MasterCard, or American Express) or check only. Telephone, fax, and cash payment registrations are not accepted. Upon receipt of your paid registration, an email confirmation from the HMS DCE office will be sent to you. Be sure to include an email address that you check frequently. Your email address is used for critical information, including registration confirmation, evaluation distribution, and certificate delivery.

Refunds, less an administrative fee of \$75, will be issued for all cancellations received two weeks prior to the start of the course. Refund requests must be received by postal mail, email, or fax. No refund will be issued should cancellation occur less than two weeks prior. “No shows” are subject to the full course fee and no refunds will be issued once the conference has started.

VENUE

The Fairmont Copley Plaza Hotel
138 St. James Avenue
Boston, Massachusetts
+1 617-267-5300



ACCOMMODATIONS and TRAVEL

A limited number of rooms have been reserved at the Fairmont Copley Plaza Hotel until May 30, 2015. When calling the hotel at 1-800-441-1414, be sure to specify that you are enrolled in this activity to receive a reduced room rate. Hotel arrangements can also be made online by visiting the course website at LifestyleMedicine.HMSCME.com.

Please do not make non-refundable travel arrangements until you have received an email from our office confirming your paid registration.

INQUIRIES

Call 617-384-8600 Monday – Friday, 9am – 5pm EST. Send email to HMS-CME@hms.harvard.edu



Lifestyle Medicine 2015

June 26–27, 2015

Boston, MA

Course # 3524233

Page 1/2

To Register by Mail:

Complete the fields below and on the attached page(s) and include a check (draft on a United States bank) payable to:

Harvard Medical School Department of Continuing Education

Mail these completed forms and your check to:

Harvard Medical School Department of Continuing Education

P.O. Box 417476

Boston, MA 02241-7476

Payment, Confirmation, Refund Policy

Refunds, less an administrative fee of \$75, will be issued for all cancellations received two weeks prior to the start of the course. Refund requests must be received by postal mail, email, or fax. No refund will be issued should cancellation occur less than two weeks prior. "No shows" are subject to the full course fee and no refunds will be issued once the conference has started. Please do not make non-refundable travel arrangements until you have received an email confirming your registration.

You can also register by credit card (VISA, MasterCard or American Express) online at
www.LifestyleMedicine.HMSCME.com

Please print your name clearly below. All fields are required.

Full Name _____
First Middle Initial Last

Profession _____ Degree _____

Mailing Address _____
Street City

State/Prov Zip Code Country

Daytime Phone (_____) Fax Number(_____) _____

Email Address _____

Please note: Your email address is used for critical information, including registration confirmation, evaluation, and certificate. Please be sure to include an email address that you check daily or frequently.

☐ Check here if you wish to be excluded from receiving email notification of future Harvard Medical School Department of Continuing Education programs.

Physicians, Please Also Complete These Required Fields

Primary Specialty _____ Board Certified? ☐ Yes ☐ No

Professional School Attended ☐ Harvard Medical School ☐ US Medical School ☐ International Medical School

Year of Graduation _____



Lifestyle Medicine 2015

June 26–27, 2015

Boston, MA

Course # 3524233

Page 2/2

Please print your name again below.

Full Name _____

First

Middle Initial

Last

Lifestyle Medicine 2015

Course Tuition*	Register after May 15, 2015	Register on or before May 15, 2015
<input type="checkbox"/> Physician	\$640	\$590
<input type="checkbox"/> Trainee/Allied Health Professional	\$490	\$440
Optional Lunch-and-Learn Workshops <i>Please check the box(es) below to indicate your selection(s).</i>		
<input type="checkbox"/> Social Media as a Tool for Practicing Lifestyle Medicine <i>Friday afternoon, June 26, 12:45–1:30pm</i>	\$50	
<input type="checkbox"/> Billing and Coding for Lifestyle Medicine <i>Saturday afternoon, June 27, 12:15–1:00pm</i>	\$50	
Processing (service fee)	\$5	
Your Total	\$ _____	

* Lifestyle Medicine 2015 tuition includes free registration to the online Harvard Medical School course, *Lifestyle Medicine for Weight Management*. This bonus online course, an \$80 value, provides an additional 4 AMA PRA Category 1 Credits™.

Questions? Call 617-384-8600 Monday-Friday 9am – 5pm (EST) or Send email to hms-cme@hms.harvard.edu