Sutter Health Employer Program is excited to announce the **Metabolic Wellness Program**!

Metabolism is how your body converts food into energy. A robust metabolism improves productivity and lowers the risk of health conditions like heart disease and diabetes. Blood sugar levels are a good indicator of metabolic wellness.

**Key features of the program include:**

- Using a wearable device to track your blood glucose data 24/7.
- Learning how your glucose levels relate to food, activity, sleep and stress.
- Empowerment to make positive lifestyle changes to optimize your glucose and overall metabolism.
- Personalized support to access integrative and holistic services that can help you on your wellness journey.

**Fast Facts:**

- **What?** Multiweek guided program using a glucose sensor to track metabolism.
- **Why?** Metabolic wellness helps you improve energy, feel better and lower future risk of disease.
- **Who?** All adults (18+) with an interest in metabolic wellness are invited to enroll.
- **Where?** Program runs virtually to fit busy schedules.
- **When?** Launched quarterly, accepting up to 60 participants per quarter.

**The Team**

Content and educational sessions created and delivered by **Ronesh Sinha, M.D.**, supported by a team of experts in nutrition, integrative and holistic health.

Dr. Sinha is an internal medicine physician at Palo Alto Medical Foundation. He is a two-time TEDx speaker and author who also runs corporate health education and wellness programs for major Silicon Valley companies.

If you are interested or want to learn more, email [mwp@sutterhealth.org](mailto:mwp@sutterhealth.org) or visit us at [sutteremployer.org/mwp](http://sutteremployer.org/mwp).