



**Introducing a new ANA Mass member benefit:** TrainerMD 360° Health Program is a new comprehensive 12-month preventive health education program currently prescribed by physicians and clinicians in the greater Boston area. TrainerMD is very excited to partner with ANA Massachusetts to help educate and bring awareness to preventive health initiatives for nurses and patients. The TrainerMD, first intelligent health management technology and system for consumers and health professionals to manage education, communications and share health data in real-time is a perfect fit for the Healthy Nurse Healthy Massachusetts ANA Mass initiative. The HIPAA compliant system includes new technologies to comprehensively screen participants using non-invasive testing methods and includes new mobile fitness & nutrition education management tools for learning more about nutrition and how to exercise safer and more effectively at any age. TrainerMD programs have been piloted for seven years and are prescribed by physicians and clinicians for obesity, weight loss, diabetes, post cardiac rehabilitation, back pain management, heart disease, cancer recovery, strengthening, toning, improving core strength and balance, chronic health conditions and more.

TrainerMD is kicking off The **Nurses Health Challenge 2017**. They are looking for 200-500 nurses in the greater Boston area to be active participants in this important 12-month preventive health study. They are looking for nurses of all specialties, ages, and overall health status to participate. Top performers will be recognized quarterly. The TrainerMD 360° Health Program may be covered under health savings account benefits with a medical note of necessity from your doctor. In addition, all ANA Massachusetts members receive a 10% discount as well as access to trainers and medical advisors in a group support setting as part of the program. (Please contact TrainerMD for more details by phone at (888) 304-3919, email at customerservice @trainer.md or enroll online at [www.trainer.md](http://www.trainer.md))