

# The DVD CHIP Daily Program Segments

This document explains the segments of the DVD CHIP Daily Program sessions. Please take a look at the Time Chart of the New DVD CHIP Daily Program. It is page 5 of the *CHIP Daily Program Guide* and you can also find it at [www.CHIPhealth.com](http://www.CHIPhealth.com). Go to the Home Page, click the CHIP Resources tab, and then click the Time Chart tab.

On the Time Chart, you will notice the first column is labeled Lecture # and the Lecture #s are listed vertically down the page 1, 2, 3, 4-16. Across the top of the page there are nine segments listed which begin with Lecture #. These segments are presented during the CHIP Program session and are listed in the sequence of order that is followed during the session. (All of these segments are outlined in detail in the *CHIP Daily Program Guide ~ Director Guidelines for DVDs #1-16.*) The CHIP Program session begins with a Welcome, next is the Bonus Option, and then follows the Review of the *Learning Objectives*, etc. At the top right side of the page you will notice Bonus Selections #1, #2, #3, and #4.

Please notice on Lecture #1 the Bonus Selection #3 which is marked ° (4°) on the Time Chart. During the CHIP Program sessions, only the selection that has been marked ° (4°) is shown. This Bonus Selection is actually shown at Lecture #2: see Lecture #2 ~ Bonus Option. There you will notice a 4 since this Bonus Option is 4 min. long.

Please notice on Lecture #1 the Bonus Selection #1 marked 5\* since this Bonus Selection is 5 minutes long. This is an excellent introduction of Dr. Diehl and the program by cardiologist Dr. Alicia Williams. It is shown before DVD Lecture #1.

The other non-designated Bonus Selections (no°) can be used for fillers during the Local Presentation segment, if needed, or they can be used for Alumni Programs.

## 1. The Bonus Option

The Bonus Option reviews important points from the previous Lecture and help to bring these points home in a new way. The Bonus Options are shown during sessions #2, 3, 6, 7, 9, 12, 13 and 15. These Bonus Options are short, ranging from 3 to 6 minutes each as indicated.

## 2. Rev. Learning Obj.

Following the Bonus Option is the Rev. *Learning Obj.* This stands for Review of the *Learning Objectives*. The *Learning Objectives* are questions and answers made up from essential points of the Lecture. Almost all the lectures will have the *Learning Objectives* that can be found in the *CHIP Daily Program Guide*. These *Learning Objective* reviews range from 5 to 10 minutes.

## 3. Clinical Rounds

Clinical Rounds follows the Rev. *Learning Obj.* The Clinical Rounds are in DVDs #18 and #19 and have been carefully selected to contain the most often asked questions from participants of more than 100 CHIP programs. Health professionals present these questions and answers. This team includes a cardiologist, a medical professor, an epidemiologist, and a nationally known nutritionist. The length of time allotted for the Clinical Rounds is listed under the segment Clinical Rounds on the Time Chart.

The Clinical Rounds presented in DVDs #18 and #19 has been transcribed. The transcribed material is in the *CHIP Daily Program Guide* and can be downloaded from the CHIP website ([www.CHIPhealth.com](http://www.CHIPhealth.com)). Go to the Home Page and click on the CHIP Resources tab, then click Clinical Rounds.

Clinical Rounds can also be presented by a health professional who has graduated from the CHIP program and who wears a CHIP pin. The health professional can use the Clinical Rounds transcription.

#### **4. Local Presentation**

The Local Presentation follows and is specifically outlined in the *CHIP Daily Program Guide ~ Director Guidelines for DVDs #1-16*. This segment covers topics such as: announcements, exercise motivation, food demonstrations, etc.

#### **5. Break**

A 15 minute Break follows the Local Presentation.

#### **6. Lecture and Hall of Fame**

After the break, Dr. Diehl's lecture (and sometimes Hall of Fame) is shown without interruptions. Start these presentations promptly and finish on time.

- On the Daily Time Chart Lecture #4 session exceeds the 2 hours (120 minutes); it is 150 minutes. Two Breaks are listed 15+5. 5 minutes are allotted for a short break at the end of the regular lecture so participants can pick up their *HeartScreen* results. At the end of the break, DVD #17 (25 minutes) is played which explains the *HeartScreen* results.