

# Digital Self-Management Programs May Help You Develop a Healthier Lifestyle

With Well onTarget's Digital Self-Management programs, you'll get tips and techniques, and the resources you'll need to help support your wellness goals.

## OUR DIGITAL SELF-MANAGEMENT PROGRAMS CONSIST OF:

1. Interactive courses with learning activities and content that focuses on behavioral changes to reinforce healthier habits.
2. Educational courses that inform about symptoms, treatment options and lifestyle changes.

These two learning methods allow you to study on your own time and may help you get to the next level of wellness.

## EARN BLUE POINTS<sup>SM</sup>

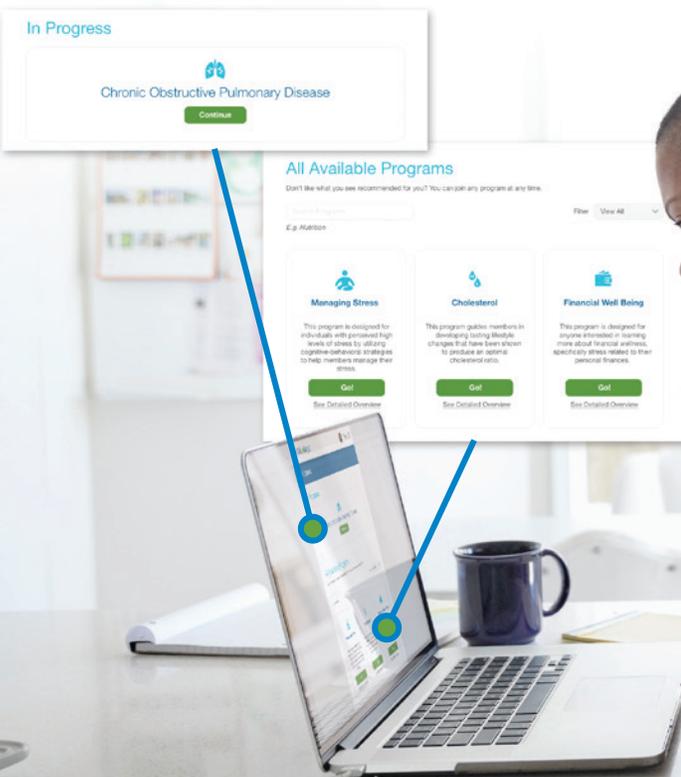
You can earn 1,000 Blue Points once per quarter when you complete a digital self-management program. You may redeem points in our expanded online shopping mall for merchandise.\*

## EASY TO LEARN

Interactive and educational courses are developed in an easy-to-learn format. Course content addresses topics that are preventive in nature and based on recommendations from the Centers for Disease Control and Prevention; Academy of Nutrition and Dietetics; National Heart, Lung and Blood Institute's Obesity Education Initiative and Physical Activity Guidelines put forth by the U.S. Department of Health and Human Services. A certificate of completion is available upon successful completion of any course.

## EASY TO ACCESS

The courses are easy to access through the Well onTarget Member Wellness Portal at [wellontarget.com](http://wellontarget.com). You can also use the Well onTarget mobile app, AlwaysOn,\*\* to register for the Digital Self-Management programs.



With Well onTarget's Digital Self-Management courses, you can learn about steps to help change habits that may be keeping you from a healthy lifestyle.

# Course Descriptions

Some courses are interactive and you can create daily habits to track as part of the program. Midpoint and final assessments to check the effectiveness of the daily habits may help you progress toward your goals.

Other courses are educational, with information about symptoms, causes, available treatment options and lifestyle changes. Each day you'll find an additional resource such as a video, article, podcast or links to external communities and resources.



## **INTERACTIVE COURSES** (Six weeks)

### **Managing Your Stress**

If you have high levels of unmanaged stress, this course is for you. The program uses cognitive-behavioral strategies and relaxation techniques to help you manage your stress effectively.

### **Quitting Tobacco Use**

The course addresses many factors that contribute to addiction, including physical, psychological, social and cultural.

### **Achieving Your Healthy Weight**

You will learn about behavioral and environmental factors that influence and contribute to unhealthy weight gain.

### **Maintaining Your Healthy Weight**

If you want to maintain a healthy weight, you will learn about lifestyle factors that influence weight including nutrition, physical activity, stress and sleep.

### **Improving Your Nutrition**

This course will help you improve your health and reduce the risk of major chronic diseases through proper nutrition and healthy eating habits.

### **Enhancing Your Physical Activity**

You will learn ways to enhance your fitness levels by being more active in your daily life.

### **Improving Your Blood Pressure**

If you have hypertension you can benefit from this course by learning about the management of high blood pressure through healthy behaviors such as weight control, physical activity, good dietary choices, quitting tobacco and managing stress.

### **Improving Your Oral Health**

Oral health is something many take for granted. This course will show you how important oral health is to your overall well-being, help you learn more about common oral conditions, understand treatments and learn how to attain or maintain good oral health.

### **Improving Your Sleep Health**

In this course, you will learn about healthy sleep patterns, how to identify personal barriers to a restful sleep and how to implement healthy sleep habits.

### **Managing Your Diabetes**

The course content is inspired by the Center for Disease Control's Diabetes Prevention Program curriculum and addresses lifestyle factors related to diet, physical activity, sleep and regular medical care.

### **Staying Tobacco Free**

After quitting tobacco, staying tobacco-free is a daily effort. The program addresses the complex physical, psychological and socio-cultural factors that influence an individual's desire to use tobacco products. Key components of this program are trigger avoidance and social support.

### **Financial Well-being**

This financial course will help you learn more about financial wellness, but is especially geared toward those who are experiencing some level of stress related to their personal finances. It guides individuals through the basics of building a financial wellness plan including: defining financial goals, evaluating your financial situation, reviewing your monthly expenses, eliminating debt, saving for the future and planning for retirement.



## **EDUCATIONAL COURSES** (Six lessons in each course)

### **Improving Your Cholesterol**

If you have high cholesterol and want to lower it, this course guides you in developing lasting lifestyle changes that have been shown to keep cholesterol in check. You will learn about weight, nutrition, physical activity and tobacco as they relate to cholesterol.

### **Improving Your Bone and Joint Health**

The musculoskeletal disorders course is for anyone who is experiencing bone and joint issues or who has been diagnosed with conditions such as osteopenia, osteoporosis and osteoarthritis. It provides education on these issues and promotes lifestyle changes for risk factors including diet, physical activity, fall prevention strategies, tobacco and alcohol use and medication adherence.

### **Managing Your Metabolic Syndrome**

If you have this condition or are at risk for developing it, you will learn more about methods to improve your health. The program covers each of the five risk factors that contribute to metabolic syndrome: abdominal obesity, high blood pressure, high triglycerides, high blood sugar and low high-density lipoprotein (HDL).

### **Reducing Your Risk: Preventive Health**

This program is for everyone who wants to make good health choices in their daily lives. You will learn about screenings, immunizations and lifestyle changes that can help reduce health risks from heart disease, cancer, stroke, chronic obstructive pulmonary disease (COPD) and diabetes.

### **Diabetes Prevention**

The diabetes prevention and management course is for you if you are at risk for developing diabetes or have already been diagnosed with the condition. The program is inspired by the Center for Disease Control and Prevention's Diabetes Prevention Program curriculum and addresses lifestyle factors related to diet, physical activity, sleep and regular medical care.

### **Managing Your Asthma**

Controlling asthma symptoms can be difficult. The content promotes education on this condition as well as regular medical care, assessing asthma control, health conditions and environmental factors that worsen asthma and exercise prescriptions for individuals with well-controlled asthma.

### **Managing Your Chronic Obstructive Pulmonary Disease**

You will receive general education on COPD that addresses lifestyle modifications that can improve quality of life including those related to diet, tobacco cessation and medical treatment adherence.

### **Managing Your Congestive Heart Failure**

The congestive heart failure (CHF) course provides information on the disease and lifestyle modifications that can improve quality of life, including diet, physical activity, weight management, stress management, sleep, tobacco and alcohol use and other special considerations for those living with CHF.

### **Managing Your Coronary Artery Disease (CAD)**

The CAD program addresses lifestyle modifications that can improve quality of life including those related to diet, physical activity, weight management, stress management and tobacco use.

### **Nurturing Your Healthy Pregnancy (Five Programs: Pre-pregnancy, First Trimester, Second Trimester, Third Trimester, Post Pregnancy)**

This series of courses is designed for women who are pregnant or thinking about becoming pregnant. The content promotes maternal and child health from pre-conception to post-delivery with a goal to optimize the health and normal development of mothers and their babies.

\* Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal for more information. Member agrees to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to their receipt of any reward.

\*\* AlwaysOn is provided by OnLife Health, an independent company that offers Wellness Management Solutions. OnLife is solely responsible for the programs, products and services that it provides.