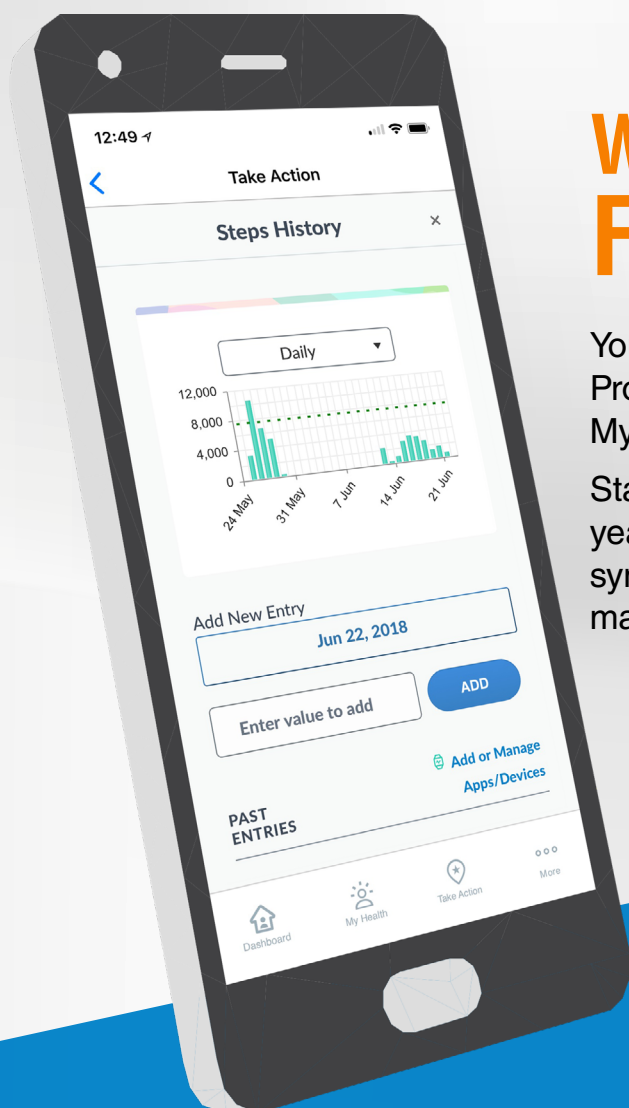


WELLNESS AT YOUR FINGERTIPS

You can access the best of your Interactive Health Wellness Program from your iPhone or Android device with the new My Interactive Health app.

Stay engaged while improving your health throughout the year, with the added ability to receive push notifications and sync wearable devices or other popular wellness apps to make daily activity tracking easy.



The new **My Interactive Health** app puts wellness right at your fingertips.

Download the app to get started!



TAP INTO THESE GREAT FEATURES:



Appointment scheduling



Personalized action steps



Health tips and resources



Activity tracking and app integration



Online workshop descriptions



DIABETES

<i>Topic (weeks)</i>	<i>Objective</i>
Prediabetes 1: Get Started (2)	To understand prediabetes and learn about how to prevent diabetes.
Prediabetes 2: Healthy Eating (2)	Learn about healthy eating and how to stay consistent with your meal plan.
Prediabetes 3: Get Active (2)	Learn how to include physical activity into your daily life and how to stay consistent with your fitness plan.
Diabetes Overview (1)	Learn about the types of diabetes, causes, symptoms and complications.
Diabetes: Being Active (2)	Learn how to safely include physical activity into your daily life when you have diabetes
Diabetes: Healthy Coping (2)	Learn healthy ways to cope with diabetes.
Diabetes: Healthy Eating (2)	Learn how to eat healthy when you have diabetes.
Diabetes: Monitoring (2)	Learn about self-monitoring of blood glucose and other important routine tests.
Diabetes: Problem Solving (2)	Learn ways to problem solve and identify high risk situations to avoid lapses in your diabetes management.
Diabetes: Reducing Risks (2)	Learn how to reduce your risk of developing secondary medical complications associated with uncontrolled diabetes.
Diabetes: Taking Medications (2)	Learn about the many types of diabetes medications available and the importance of taking all medications as prescribed.

EMOTIONAL

<i>Topic</i>	<i>Objective</i>
Anxiety 1: Feeling Anxious? (2)	To provide information on causes and symptoms of anxiety.
Anxiety 2: Get Empowered! (2)	Learn how to help prevent and manage anxiety.
Depression 1: What You Need to Know (2)	To provide an overview of depression.
Depression 2: Don't Let It Get in the Way (2)	To learn how to help prevent and manage depression

Online workshop descriptions



Stress: Signs & Symptoms (3)	Define stress and understand your stress warning signals.
Stress: Sources (3)	Understand sources of stress and healthier ways to respond.
Stress: Prevention & Management (4)	Explore and learn new strategies to reduce stress through mind/body exercise.

SLEEP

Topic

Objective

Getting a Good Night's Sleep (4)	Provide a better understanding of common sleep disorders and offer self-management tools to improve sleep.
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HABITS

Topic

Objective

Alcohol: Your Health (2)	Assess how much alcohol you drink and learn how to develop a healthy relationship with alcohol.
Exercise 1: Get Started (2)	Review types and methods of exercise and assess your current activity levels and goals.
Exercise 2: Strength Training (2)	Provide an overview of strength training, including different training programs.
Exercise 3: Flexibility & Balance (2)	Review the importance of incorporating flexibility and balance training in your exercise program.
Exercise 4: Stay On Track (2)	Assess body composition and staying motivated long term.
Financial: Take Charge! (3)	Learn how to reduce your financial worries and make the most of your money.
Medication: Why Managing Your Medication Matters (2)	To educate about the safe and efficacious use of medications relating to type II diabetes, high cholesterol, high blood pressure, and high triglycerides.
Nutrition 1: Basics (2)	Identify and review basic health and nutrition needs as well as provide facts about the basic food groups.
Nutrition 2: The Main Groups (2)	Identify foods in each major food group and understand their importance.
Nutrition 3: Super Foods and Trends (2)	Identify components of a food with health benefits and learn more about diet trends.

Online workshop descriptions



Setting Goals: A Smart Plan for a Healthy Future (2)	Learn how to set and achieve your personal goals.
Tobacco Free For Life (4)	Provide tips, tools and strategies to become and remain tobacco free for life.
Weight Management 1: A Healthy Weight (2)	Understand the importance of a healthy weight as well as eating well to meet your weight goals.
Weight Management 2: Lasting Changes (2)	Discuss the importance of permanent lifestyle changes for long-term weight management.
Weight Management 3: Emotional Wellbeing (2)	Identify and discuss common eating cues and triggers that often sabotage weight loss efforts.
Weight Management 4: Getting Support (2)	Understand the need for social support and its impact on long-term behavior change and weight management.

HEART Topic

Objective

Blood Pressure 1: Take Control (2)	Define blood pressure guidelines and risk factors.
Blood Pressure 2: Lowering Your Numbers (3)	Educate about disease management through nutrition, exercise and lifestyle changes.
Blood Pressure 3: Medications (2)	Define treatment options for managing high blood pressure and knowing when to seek help.
Heart Health 1: Healthy Eating (2)	Learn about healthy food choices and eating behaviors that can help keep heart disease away.
Heart Health 2: Managing Weight and Living an Active Lifestyle (2)	Learn about the importance of weight management and living an active lifestyle to reduce the risk of heart disease.
Heart Health 3: Quit Smoking (2)	Learn about the risks from smoking on heart health and the steps you can take to quit.
Heart Health 4: Know Your Numbers (2)	Learn about reducing risks for heart disease by managing your blood glucose, cholesterol and blood pressure.
Heartburn: Cool It! (1)	Learn about heartburn causes and treatment options.
Metabolic Syndrome (4)	Understand metabolic syndrome and how to reduce your risk.

Online workshop descriptions



PREVENTION

Topic

Objective

Allergies: Take Control! (2)	Don't let your allergies get you down, learn how to manage them effectively.
Arthritis: Make Every Day Easier (1)	Learn more about the care and management of arthritis.
Asthma: Breathe Better (4)	Learn how to manage and improve life with asthma.
Back Pain: Get Relief (1)	Understand the signs, symptoms and causes of back pain.
COPD: Living a Full Life (3)	Have a full life by understanding and managing your COPD.
Headaches: Manage the Pain (1)	Determine the best methods for preventing and managing headaches.
Men's Preventive Health: Take Charge of Your Health (1)	Provide information about men's preventive health as well recommended screenings and exams.
Osteoporosis: Build Up Your Bones! (1)	Learn about the best methods for preventing and managing osteoporosis.
Pregnancy: Healthy You, Healthy Baby (4)	Learn about healthy eating, safe exercises and stress management during pregnancy.
Women's Preventive Health: Take Charge of Your Health (1)	Provide information about women's preventive health, recommended screenings and exams.