

## Healthy Benefits Wellness Program Options

Following is a list of the 2010 Healthy Benefits wellness program options. You must complete one of the programs by September 30, 2010. (Each bolded title is considered a program.)

**Attend Three Healthy Benefits Seminars at Star Tribune** (attending **three (3) seminars** is considered completion of **one (1)** wellness program). Seminars will begin in early March and end in June 2010. See the Healthy Benefits site on the Stribnet Benefits Homepage or the Star Tribune Company website for dates and times of seminars and registration procedures.

### Emotional Eating

Learn about the behaviors and causes of emotional eating, strategies for change and coping skills.

### Taking Sleep Seriously

If you are getting less than 8 hours of sleep a night, you may not be as alert, sharp and energetic as you could be. Learn about sleep stages, types of insomnia and techniques for falling asleep naturally.

### Helping Your Child Lose Weight

The number of overweight and obese children is rising, with an increase in hypertension and diabetes. Learn how to help your child overcome the leading causes: poor dietary habits and physical inactivity.

### Sit and Fit

Learn how to find time to exercise, when to do it and for how long, including exercise in the work place and at your desk.

### Back in Shape

Learn to identify the causes, types and triggers of back pain so you can identify actions to prevent or manage the pain, as well as identify when to see a doctor.

### Well Being: Healthy Stress

Stress can affect your health and relationships, but is unavoidable. Learn to identify stressors and manage stress.

**Participate in a HealthPartners Online Program.** These programs take approximately eight weeks to complete. Topics include:

- 10,000 Steps program
- Stress management course
- Weight management course

**Participate in a HealthPartners Health Coaching by Phone Program.** Talk with a health expert over the course of three to five phone calls scheduled at your convenience. These phone-based programs take approximately eight weeks to complete. Topics include:

- Back Health (low back pain)
- Blood Pressure Management
- Chemical Health
- Cholesterol Management
- Emotional Health
- Healthy Eating
- Healthy Pregnancy
- Physical Activity
- Stress Management
- Tobacco Cessation
- Weight Management

### **Track Your Health Club Exercise with the Action Tracker**

Exercise for 30 minutes for at least 12 days per month for three consecutive months and track it with the Action Tracker. You must have an active membership with a health club or the Star Tribune Fitness Center to use the Action Tracker. Call the Benefits Hotline at (612) 673-7458 or email [Benefits@startribune.com](mailto:Benefits@startribune.com) for more information or to get an Action Tracker form.

### **For more information:**

Questions? Call HealthPartners Health Promotion department at 952-883-7800 or 1-800-311-1052.