

## JourneyWell Wellness Program Options

Following is a list of the 2012 Healthy Benefits wellness program options. You must complete one of the programs by September 30, 2012. (Each bolded title is considered a program.)

**Participate in a Group Classes Program at Star Tribune. You must attend all sessions of one class in order to satisfy the Group Class activity requirement.** Each class lasts 6 weeks. Between class sessions, you will have informative assignments to complete. Programs will begin in mid-February and end in June 2012. Enrollment is limited and first-come, first-served.

5K Training – requires attendance at all three (3) one hour long sessions  
Train for a 5K, the most popular race distance. For all fitness levels.

Weight Management - requires attendance at all five (5) one hour long sessions  
Manage weight long-term by eating healthy, exercising and managing stress.

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

- 10,000 Steps Activity Program- Get stepping with program that includes a pedometer, motivation e-mails, articles and a step conversion calculator to add activities like biking or swimming to your daily step total. Choose from two versions: Lose Weight or Feel Great
- Stress Management eProgram- This course help you identify your personal stressor and learn coping skills. It includes interactive tutorials with tips to manage time, a private journal, relaxation techniques, recipes and motivation e-mails.
- Weight Management eProgram- This program provides you with the tools you need to stop dieting and start changing your lifestyle. Get information on weight loss and related topics, motivational e-mails, a calorie calculator, recipes and trackers to record what you eat, your activity and your weight.

**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
- High Blood Pressure
- Chemical Health
- High Cholesterol
- Depression
- Nutrition
- 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 will need to provide HealthPartners with proof of health club membership to enroll. Note that most exercising done at a health club can be tracked through the JourneyWell 10,000 Steps Program using the Step Conversion Chart and proof of club membership is not required! For more information or to receive an Action Tracker form, log onto [Healthpartners.com/StarTribune](http://Healthpartners.com/StarTribune) or contact HealthPartners Health Promotion department at 952-883-7800 or 1-800-311-1052.

**For more information:** Questions? Call HealthPartners Health Promotion department at 952-883-7800 or 1-800-311-1052.