



Hamline
University's
Wellness Program

Healthy Habits



2014



Wellness Program Options:

- **Phone Health Coaching Programs**—3 phone sessions with a health coach, available topics include: stress, tobacco cessation, nutrition, weight management, physical activity, back health, high blood pressure, high cholesterol, chemical health, depression, pre-weight lost surgery.
- **10,000 Steps**—Step up your activity with 10,000 steps. Get a free pedometer, set a goal, track your steps and feel great. Track your steps for 8 weeks.
- **Weight eProgram**—Feel better and stronger as you lose weight and gain control. To get started, log in and start tracking. Track your progression for 8 weeks.
- **Stress eProgram**—Stress less. Relax more. Find balance. Sound good? To get started, simply log on and start tracking. Track your progression for 8 weeks.
- **Sleep eProgram**—Manage your sleep with the sleep program. Keep track of hours and quality of sleep for 8 weeks.
- **Tobacco eProgram**—Get help quitting. Keep track of triggers, set goals, and track your progress for 8 weeks.
- **Life in Balance**—3 Virtual Coaching session, topics include dealing with stress, sleeping well and positive thinking.
- **Live Life Well**—3 Virtual Coaching sessions, topics include healthy eating, getting active and healthy weight.
- **Quit for Good**—3 Virtual Coaching sessions, topics include dealing with stress, getting active and quitting smoking.
- **TrackWell Mobile App**—confirm healthy activities you are already doing or begin a new healthy activity of your choice. Free app for iPhone or iPad through the Apple App store.
- **Frequent Fitness**—Visit your participating fitness club 12 times per month for any two months between January and August.
- **Weight Solutions**—Participate in 8 weeks of a weight loss program such as Weight Watchers, Jenny Craig, SlimforLife, etc.
- **Walker Fieldhouse**—Complete two visits per week for eight weeks, by September 30.

Log On today to start your program: healthpartners.com/wellbeing

Questions?

If you have questions, please call HealthPartners at 952-883-7800 or 800-311-1052, or the Human Resources office at 651-523-2815.