

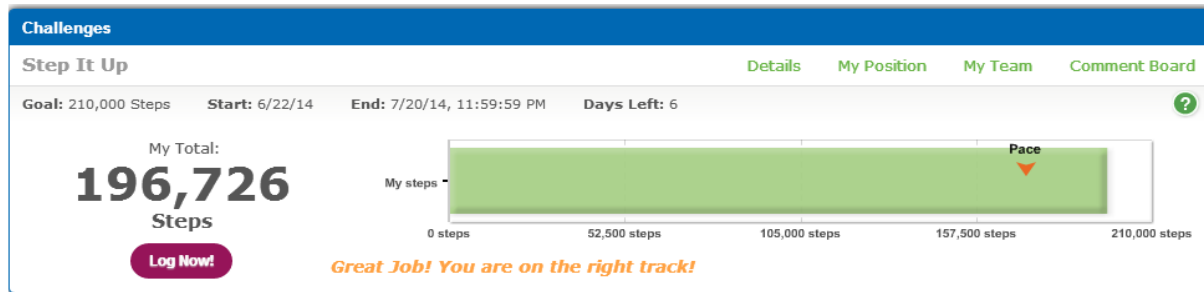


Get Motivated: Health & Fitness Challenges, Wellness Workshops and Mobile App



Health & Fitness Challenges

Personal HealthConnect motivates you to take an active role in your health through walking, exercise and weight loss challenges. The Personal HealthConnect team can also create custom challenges to fit your company's current wellness initiatives and culture.



Wellness Workshops

The wellness workshops are week-by-week guided programs designed to provide you with the means to establish and maintain healthy habits. Through a series of program-specific articles, tips, wellness tools and tasks, each workshop offers the information necessary to make healthy changes, and the guidance to take an action in further developing and advancing these healthy behavioral changes. The 34+ Personal HealthConnect Wellness workshops cover topics such as weight management, financial wellness, smoking cessation, cardiovascular disease prevention, exercise and more.

The screenshot shows the "Anxiety" workshop interface. It includes a navigation menu with options like Health, Wellness, Nutrition, Exercise, Community, Incentives, Reference, My Progress Report, Wellness Plan, and Wellness Workshops. The main content area is titled "Anxiety" and shows "Week 1 of 1: Living with Anxiety". The workshop is scheduled from 07/14/2014 to 07/21/2014. The goal is to learn about anxiety and manage symptoms. A tip suggests letting go of anxiety triggers. A reward of 10 incentive points is offered upon completion. The workshop includes tasks like "Overview of Anxiety", "Prevention Tips", "Check Your Symptoms", and "Prepare For Your Appointment". Resources include "Building Self-Esteem" and "Dealing With Anxiety After a Loss". Useful tools include "Blood Pressure Log", "Cardio Log", and "Strength Training Log".

Tasks

- Overview of Anxiety (Do this Now, Due: 07/21/2014)
- Prevention Tips (Do this Now, Due: 07/21/2014)
- Check Your Symptoms (Do this Now, Due: 07/21/2014)
- Prepare For Your Appointment (Do this Now, Due: 07/21/2014)

Resources

- Building Self-Esteem
- Dealing With Anxiety After a Loss

Useful Tools

- Blood Pressure Log
- Cardio Log
- Strength Training Log

Week 1: Living with Anxiety

From: 07/14/2014 - 07/21/2014

Goal: Learn about anxiety and the important ways that you can take control and manage your own symptoms.

Tip: Learn to let go of the anxiety triggers that you don't have control over!

10 Incentive Points Rewarded upon completion

To provide information about anxiety and share treatment options and resources for self care

This one week workshop includes an overview of anxiety and treatment options that can be done independently, or through collaboration with a health care professional. The weekly goals will help support you to:

- Learn about anxiety and the important ways that you can take control and manage your own symptoms.

Mobile App

The Personal HealthConnect portal is designed to be compatible with the HealthyNow application that you can download for your iOS device (iPhone or iPad) or your Android device (phone or tablet). The HealthyNow application provides access to your messages, challenges, food and exercise logs, steps log, incentive report, events and more!

