



Find the Well-Being Programs for You

To organize the well-being programs, we divided them into small, medium and big commitment categories. Anyone—regardless of where you are at on your wellness journey—can start with a well-being program that is labeled a medium or big commitment. Here is a little bit of information about each program:

SMALL COMMITMENT	
Customize Your Interests. Ensure the information you see in Personify Health® aligns with your goals.	
Journeys®. Self-guided courses that help small steps become healthy habits.	
Track Healthy Habits. Record your progress as you work to add a new habit to your routine.	
MEDIUM COMMITMENT	
First Aid for Mental Health. Learn how to help yourself and better support others in two webinars.	
Nutrition Guide. Get healthy tips and recipes that match your habits and objectives.	
Sleep Guide. Receive customized tips based on your sleep preferences and needs.	
RethinkCare–Mindfulness Training. Learn mindfulness (calms and focuses the mind) and meditation basics.	
RethinkCare–Yoga Basics. A collection of introductory videos. You choose the topic and length (10 or 20 minutes).	
BIG COMMITMENT	
Chronic Disease Prevention/Diabetes Management Program. Help reduce risk for developing type 2 diabetes or heart disease; or help with optimal diabetes management if diagnosed with type 1 or type 2 diabetes.	
Employee Assistance Program (EAP). Confidential counseling to help manage personal or professional issues.	
MDLIVE® Behavioral Health. Video chat with a licensed therapist.	
Talkspace. Text or video chat with a licensed therapist. Contact the EAP to start.	
Personify Health Health Coaching. Talk with a certified professional over the phone.	
WW–WeightWatchers. Achieve a healthy weight with a proven approach and powerful group support.	