



# ONLINE WELLNESS TOOLS AND ACTIVITIES

What are your goals for living well?

MVP Health Care's online wellness tools and activities can help you set, track and succeed at reaching the health improvement goals that are important to you.

- Improve your diet
- Manage stress
- Include more physical activity in your busy life
- Manage your emotional health, or track important aspects of physical health, like your blood sugar
- Quit tobacco

Members can log in at [mvpsselectcare.com/pricechopper](http://mvpsselectcare.com/pricechopper), and click the *Wellness Tools and Activities* button to:

- Complete an interactive *Personal Health Assessment* to get a customized report on your current health status.
- Take online health improvement classes to get you started on the road to better health.
- Track your progress online with quick and easy tools.
- Find information and ideas that will help you take care of yourself, and inspire you to make healthy changes.





## WHAT'S YOUR PERSONAL HEALTH ASSESSMENT (PHA)?

If you could rate your health with a score from 1-100, do you wonder what your score would be? Find out by taking your *Personal Health Assessment* and see how you stack up in the following health areas:

- Activity
- Diet
- Stress management
- Tobacco use
- Preventive health activities
- Sleep

The PHA only takes about ten minutes to complete. Once finished, you'll immediately receive a Personal Scorecard which provides a summary of your Personal Health Assessment (PHA) and biometric screening results if you've been screened. This report features a personalized action plan, which is customized with recommended action steps for you. You'll also have access to tools, trackers, 120 online classes, and more!



## PLAN YOUR HEALTH IMPROVEMENT STRATEGY

You can use your PHA results to identify an aspect of your health you may want to improve. Then, use MVP's online wellness tools and resources to meet your goals!

**THE EXERCISE PLANNERS** let you create an individualized strength or cardio plan online based on your goals, preferences, available equipment and more.

**THE MEAL PLANNER** can help you create individualized, easy-to-follow meal plans based on your goals, such as weight loss, weight gain or moving to a vegetarian diet. You can also track nutrients and calculate caloric intake.

**HEALTH TOOLS** make it easy to track your progress in weight management, blood pressure, heart rate, body fat percentage, endurance and more.

**THE COACHING MESSAGE CENTER** If you decide to enroll in the coaching program, this is the place where you can ask questions, receive electronic guides, and receive support from your Health Coach.

**USE THE HEALTH EXPERT BLOG** to connect with health and wellness experts who will get you thinking about healthy living. Learn more about the health and wellness topics that interest you. Add your own comments and see what other members have to say. *Ask a Coach* makes getting an answer to your health and wellness question as easy as 1-2-3! Simply choose a topic on the *Ask a Coach* Web page (fitness, weight management, nutrition, stress or tobacco), type your question and submit. A Health Coach will research your question. You will receive an answer in your *Ask a Coach* inbox within two business days.

**STRESS MANAGEMENT RESOURCES** include a selection of downloadable audio lessons that can help you learn relaxation skills to manage your stress.

## SELF-GUIDED ONLINE CLASSES

When you're on the road to better health, you'll need information that helps you reach your specific goals. Choose from 120 online classes that you can view whenever and wherever it's convenient for you, in these categories:

### **Healthy living: Making your journey successful**

Learning healthy habits and putting them into action can be challenging. The classes in this course will help you choose, set and work toward healthy goals that are right for you and your busy lifestyle.

### **Living tobacco-free**

Quitting tobacco is one of the most important changes you can make. Create a quit plan, stay motivated and achieve new levels of health and well-being.

### **Weight loss and weight control**

Maintaining a healthy body weight can help prevent or manage many chronic diseases and decrease your risk of future illness, injury and disease. Get the tools and information you need to reach your weight loss or weight control goal.

### **Low stress living**

Stress can be broadly defined as any change you experience. Stress that lasts for long periods of time (chronic stress) can have negative health effects. Learn to recognize the signs of chronic stress and better manage daily stress.

### **Nutrition and healthy eating**

Research shows that good nutrition is a major factor in disease prevention and improved health. Get tips, strategies and information to succeed at eating a healthier diet.



### **Exercise and active living**

Physical activity can benefit your health and well-being in many ways. But for many people, committing to exercise can be challenging. Learn to get active safely and reach your exercise and activity goals.

### **Staying healthy (preventive health care)**

Preventive care is one of the most important steps you can take to ensure your health and happiness. Learn about the things you can do to lower your risk of disease and increase your overall sense of well-being.

### **Safe living**

While some accidents and illnesses cannot be prevented, many can. Learn more about driving safely, taking precautions to prevent slips and falls, using medications safely and making safe sexual practices a priority.

### **Pain and productivity**

Pain can be a challenge in daily life, but there are things you can do to manage it and live more productively. Learn about to better understand and manage your pain.





The *Wellness Tools and Activities* page customizes itself based on the online activities that you complete, and points you to places where you can get personalized information and assistance to help you meet your health improvement goals!



## TAKE A MORE ACTIVE ROLE IN YOUR HEALTH.

Click the *Wellness Tools and Activities* button when you log in at [mvpselectcare.com/pricechopper](http://mvpselectcare.com/pricechopper).



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