

Engage Better,
Coach Smarter.



CONTENT OVERVIEW

Healthy Living Content Library

Video-Based Courses

Multi-week, self-guided video-based instruction featuring subject matter experts and using principles of Cognitive Behavioral Therapy (CBT) combined with health coaching methodology.

Support Audio

Audio files provided to supplement or reinforce course training, including educational content and guided experiences (i.e. meditation).

“Key to Success” Cards

Printable support tools that help to reinforce key education and trigger mindfulness toward the changing of unhealthy behaviors.

Text-Based Microlearning Courses

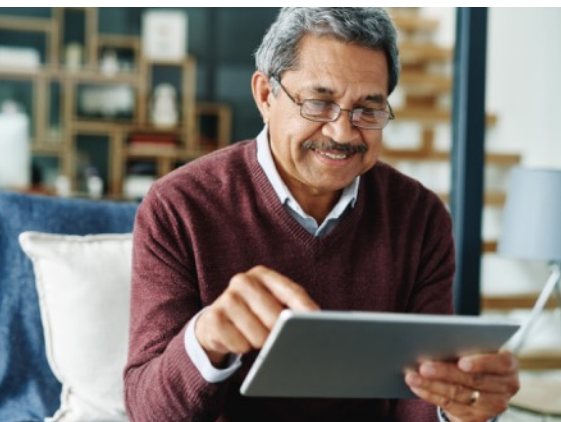
Structured, text-based curriculum broken into bite-sized pieces including session content, instructional videos, support articles, and evaluations.

Curated Videos

Engaging topical videos (typically 3-5 minutes) that can be combined into sequenced modules or viewed alone.

Topical Articles

Text-based education covering a range of topics written for an elementary school reading level. Can be combined with or serve as an alternative to video content.



MULTILINGUAL SUPPORT

Engagement Rx offers an AI-driven video translation. This functionality allows you to address diverse populations to increase engagement. Our video content is available with closed captioning in 14 different languages. We can translate your videos for an additional fee.

- Arabic
- Chinese
- English
- French
- Gujarati
- Haitian
- Hindi
- Italian
- Korean
- Polish
- Portuguese
- Russian
- Spanish
- Tagalog

Support Audio not yet available for translation.

Content Team – A Team of Trusted Professionals

Our Content Team works with experts in behavioral-based learning, clinical fields, and coaching to develop content that engages and delivers sustainable change.

Lou Ryan

Founder SelfHelpWorks

Dr. Diane Hambrick, MD

Family Medicine

Mary Steinhardt, MA, EdD, MS

Professional Counseling

EdD, Curriculum and Instruction

MS, Health Education

Arabella Hare, MS, ACE, NCSF

MS, Exercise

MS, Nutrition

ACE, NCSF, Certified Personal

Trainer

John E. Martin PhD

Clinical Psychology

Scott T. Walters, PhD

Clinical Psychology

Diane Machcinski, MEd

Registered Dietitian

Jaime Pula, PhD

Registered Dietitian

Brittany Kowalski, MS

Health Promotion and National

Board of Health & Wellness

Coaching

Zoe Rivers, ACSM-EP

Certified Exercise Physiologist

Health & Wellness Coach

Larry Feinstein, PhD

Clinical Psychology

Janice Baker, CNSC, BC-ADM

Registered Dietitian

Certified Diabetes Educator

Diane M. Pearson, RN

Certified Diabetes Educator

Dr. Michael Grandner, PhD

Clinical Psychology

Board Certified in Behavioral Sleep

Medicine

Dr. Tommie M. Richardson, MD

Addiction Medicine

CAS Fellow of the ASAM

Lindsay De Stefano, MHA, CHES

Masters in Healthcare

Administration

Certified Health Education

Specialist

Dr. Seema Sarin, MD

Internal Medicine

Laura O'Reilly, RN, MPH

Masters in Public Health



Healthy Living Courses

Avidon Health continues to innovate all aspects of Engagement Rx, including the upgrade of our course offering. In addition to making critical updates to our core CBT-based courses, we are excited to launch our newest training tool that we call *Microlearning Courses*.

Video-Based Courses:

- **Substance Use Disorder (LivingClear)**—Break the addiction cycle
- **Stress (LivingEasy)**—Create calm, build resilience
- **Fitness (LivingFit)**—Learn to love exercise
- **Tobacco (LivingFree)**—Quit smoking for good
- **Food (LivingLean)**—Overpower your cravings
- **Alcohol (LivingSmart)**—Gain control over drinking
- **Diabetes (LivingWell)**—Manage your condition
- **Sleep (LivingWellRested)**—Rest and perform better

Text-Based Microlearning Courses:

- Healthy Weight
- Nutrition
- Stress 101
- Advanced Stress Management
- Stress Management for Healthcare Workers
- Building Confidence, Commitment, and Motivation
- Carrying New Healthier Lifestyles into the Future
- Finding Clarity in Vision
- Habit Creation and the Brain
- Retraining the Brain and Redefining Discomfort
- Retraining the Brain and Taking Control
- Self-Talk, Conscious Choice, and Mindfulness
- The Realities of Choice

Curated Content Topics

To offer greater flexibility for participants, we provide a library of relevant and actionable information in the form of short videos, articles, quick cards and more to help participants take small, incremental steps towards achieving long-term goals.

Health topics include:

General health

- Sleep
- Substance use management (tobacco, alcohol, drugs)
- Checkups
- Chronic condition management
- Medications

Healthy eating and hydration

- Nutrition
- Cooking
- Recipes
- Hydration

Exercise

- Workout tips
- Exercise safety

Healthy weight

- Weight management tools and tips

Lifestyle

- Diversity & Inclusion
- Social support
- Job growth
- Shift-work
- Positive parenting
- Environment
- Financial health

Wellness

- Stress management
- Brain health
- Self-reflection
- Facilitation
- Self-efficacy



Video-Based Course Materials:

Substance use (LivingClear) *Overcoming substance use disorder*

Summary: LivingClear doesn't involve willpower. There are no gimmicks or tricks of any sort. Truly living substance-free is a lifestyle and a clarity-of-mind that is everlasting. Welcome to the science-driven program that addresses substance dependence where it was formed: in the brain.

Course Lessons

1. **Welcome to LivingClear**
Get started developing life skills, practicing "thought stopping," and setting a wellness vision.
2. **The Real Reason People Use Substances**
Understand the science of addiction so you can better understand your recovery.
3. **Embracing the Experience of Breaking Free**
Build on your understanding and learn to establish a growth mindset.
4. **The Importance of Telling the Truth**
Make better choices and recognize the importance of telling the truth in the recovery process.
5. **Using Self-Talk to Achieve Your Goals**
Create S.M.A.R.T. goals and understand the role of patience in the recovery process.
6. **Mindfulness, Meditation, and Finding Your "Islands"**
Learn techniques for staying centered and calm, no matter what is happening around you.
7. **Building Strong Support Systems**
Learn what "self-care" really means and why it is important.
8. **Acceptance and Observance**
Learn more tips that will help you maintain your recovery and how to stay motivated to achieve your goals.
9. **Avoiding the "Relapse Drift"**
Create "anchors" to sobriety and get tools to help prevent relapse.

Key to Success Cards

- **Key to Success Card #1**—Use this card if you experience urges to use.
- **Key to Success Card #2**—Use this card to acknowledge the triggers that cause an urge to use.
- **Key to Success Card #3**—Read this card to remind yourself of the truth and to train your mind.
- **Key to Success Card #4**—Use this card until you develop the self-image of an ex-user.
- **Key to Success Card #5**—Read this card to remind you of your continued commitment to living sober and substance-free whenever you are challenged by your old way of thinking.

Support Audios

- **Training vs. Learning**—This audio is a short reminder of the true purpose of this program and the importance of seeing it as a training process.
- **Weekend Visualization**—This visualization will walk you through the moments that trigger you and allow you to "see" yourself navigating successfully through them.

- **Acknowledge the Benefits**—This audio will help you recall the great gifts of living clear.
- **Choice and Self-Talk**—This audio is about talking to yourself in ways that empower you.
- **Mindful Meditation**—This is a guided meditation.
- **Visual Declaring**—This visualization helps to build positive self-talk and confidence.
- **Keys to the Future**—This audio is about sustaining success in the future.
- **Completion: A New Beginning**—This audio reveals the truth about completion.

Stress (*LivingEasy*) *Create calm, build resilience*

Summary: LivingEasy is about changing the way you respond to stressful situations and taking control back. LivingEasy is a state of mind and once you attain it, you'll achieve a sense of calm that is unshakable. Welcome to the science-driven course that addresses stress where it's created: in the brain.

Course Lessons

1. **Time to Steady the Ship**
LivingEasy doesn't keep the storms from coming but shows you how to remain calm and confident when they do.
2. **You are Shielded**
We all have natural protectors in life. Learning how to utilize and care for them is key.
3. **There are Two Main Ways We Cope in Life**
When we rely too much on one natural protector, we tend to become stuck.
4. **We Spent More Time "Above the Line" as Children**
So how do we recapture that mindset while still taking responsibility in life?
5. **Are You Ready for Your Close-Up?**
Have a seat and begin filming the movie of your life as you want it to be, scene by scene.
6. **Two Questions**
Ask yourself these questions whenever a new stress-producer pops up.
7. **It's Time to Get Off Auto-Pilot**
Past beliefs create knee-jerk, automatic reactions to situations in the present.
8. **Being Connected**
Embrace the eight characteristics of being a Self-Leader to connect with yourself and others.

Key to Success Cards

- **Key to Success Card #1**—Use this card to become aware of your stressors in life, to become mindful and conscious of the way you think and feel when you are stressed.
- **Key to Success Card #2**—Read the card whenever you feel stress to acknowledge how you want to cope with it.
- **Key to Success Card #3**—Use this card to acknowledge when you're upset, why you're upset, what your below-the-line response was, and how you are avoiding taking responsibility.
- **Key to Success Card #4**—Use this card to help you take responsibility which will give you power.
- **Key to Success Card #5**—Read this card to remind you of your continued commitment to living sober and substance-free whenever you are challenged by your old way of thinking.
- **Key to Living Easy Card**—Use this card whenever you are experiencing something stressful and you would like to squash it.

Fitness (LivingFit) *Learn to love fitness*

Summary: LivingFit doesn't involve willpower. There's no tricks or gimmicks of any sort. Truly living fit is a lifestyle and a state of mind, and it will be with you forever once you achieve it. Welcome to the science-driven course that addresses the mental and emotional facets of exercise and creates an internal motivation that will last forever.

Course Lessons

1. **The Fundamentals**
Preparing for success: Put a smile on; this is going to be fun.
2. **Building the Walking Habit**
Day by day, step by step, you are creating a healthy new way of life.
3. **Choose Your Big Rocks**
And then the pebbles...You'll understand after the session.
4. **Liftoff!**
Motivation is the rocket fuel that will lead you to the achievement of your fitness goals.
5. **Do You Hear Yourself?**
We talk to ourselves all the time, but most of us don't understand the power of the words we say and the way they make us feel.
6. **Moving into Wellness – Part 1**
Can you feel that? It's your body reverse-aging as you keep exercising consistently. You are getting younger. Keep it up.
7. **Moving into Wellness – Part 2**
Acknowledge yourself for the progress you've made. Yes, you! Acknowledgment is an important part of future success.
8. **Nurture Your Sense of Possibility**
Right now, you are in a place we call "the gap." This is a place of tremendous potential.
9. **See with New Eyes**
Who is that? It's you, but a wiser you who is changing for the better. Let's make sure it's a permanent change.
10. **Make Yourself a Promise**
And watch as the universe moves around you. There is freedom in commitment.
11. **The Master Game**
Move with a sense of purpose.
12. **Session 12 - Completion as Beginning**
Get excited about where you are headed!

Key to Success Cards

- **The Habit-BUILDER Card**—This card can help you create new habits around fitness and in any area of life.
- **The “Vision” Card**—Use this card to help you focus on your *vision* for living fit.
- **“Take a Stand” Card**—Use this card to remain committed to your health for the long haul.

Support Audios

- **Let's Get Moving**—This audio discusses some of the benefits of regularly walking, and gives you some tips to get started.
- **Vision and Commitment**—This audio discusses the value of commitment and how it relates to vision.
- **The Big Rocks**—This audio discusses how making a change in perspective can help you re-prioritize.
- **Creating Positive Motivation**—This audio discusses different types of motivation, and which type is the most powerful.
- **The IGMHS Syndrome**—This audio explains why there is nothing you have to do and how to use the power of choice to change your life.
- **Celebration and Self-Acknowledgement**—This audio discusses why celebrating one's successes is so important.
- **The Importance of Movement**—This audio explains why regular movement is so important.
- **In the Gap**—This audio explains how and why your body and mind are changing as you head towards a life of better fitness.
- **Designing Your Future**—This audio is about the way we think and the profound impact our self-talk has on our lives.
- **Taking a Stand**—This audio will help you make sure you're standing up for what you really want.
- **A Paradigm Shift**—This audio is about the profound difference between doing something 99% and doing something 100%.
- **What's Next?**—This audio is about the opportunity presented in completion.

Additional Reading

- **Walking Guidelines**—This guide explains the frequency, pace, and duration that newcomers to routine-walking regimens can use to get stronger, safely.
- **8 Reasons to Walk**—A list of the eight main benefits of walking that cover all aspects of health (physical, mental, psychological, and emotional).

Tobacco (LivingFree) *Quit smoking for good*

Summary: LivingFree doesn't involve willpower. There's no gum, patches, or tricks of any sort. Truly living free is a lifestyle, a state of mind, and it's everlasting. Welcome to the science-driven course that addresses the smoking habit where it was formed: in the brain.

Course Lessons

1. **Introduction – A Whole New Way**
You've never tried to quit smoking this way before.
2. **Orientation – What is the Real Choice?**
Make choices about tobacco in a way that empowers you.
3. **Do You Hear Yourself?**
Understand the power of the words you say and the way they make you feel.

4. **The ONE Reason You Smoke**
Get ready for an a-ha moment as you finally realize the one reason you still smoke.
5. **Prepare for Your Breakthrough**
Get excited! Today is the day you move from smoker to ex-smoker.
6. **Tell. The. Truth.**
Get real about the “agony” of withdrawal and put misconceptions to rest.
7. **Being the Boss**
Learn how to show tobacco who is really in charge.
8. **There’s Only One Place You Have Control**
Discover the only place you ever need to be.
9. **Celebrate Your Success**
Celebrate the beginning of a new chapter! You have done the work to retrain your mind and begin healing your body.
10. **The Difference Between 99% and 100%**
Learn about mastery and how to achieve it.
11. **A Future Full of Possibility**
Envision how far you can go on the path to naturally living free of tobacco.
12. **Commitment Takes Character**
Realize you’ve got what it takes to reinvent your future.

Key to Success Cards

- **Key to Success Card #1**—Read the card whenever you have a desire to smoke to acknowledge your thoughts of cigarettes.
- **Key to Success Card #2**—Read this card before you smoke, and each time you desire a cigarette to practice acknowledging thoughts of cigarettes and to practice making clear choices, do not try to quit yet.
- **Key to Success Card #3**—Read this card before each cigarette to practice acknowledging that you have a choice and to acknowledge what the truth is (as to why you’re smoking).
- **Ex-Smoker’s Creed Card**—Read this card to remind yourself of the truth and to train your mind. Choose temporary discomfort each time you think of having a cigarette.
- **Ex-Smoker’s Creed Card #2**—This card will help you tell the truth when you’re thinking of cigarettes, and help you develop the self-image of an ex-smoker.
- **Ex-Smoker’s Creed: Substitution**—Read this card to remind you that substituting is the same as smoking, read the card to help you choose the temporary discomfort.
- **Final Creed**—After you throw away your cigarettes, use this card when you have a thought about cigarettes.
- **Ex-Smoker’s Creed & Real Choice**—Use this card to remind yourself of the real choice: choosing to accept discomfort is choosing to grow and be free!

Support Audios

- **Review Audio 1**—There are 6 criteria for success in this program, and this audio explains each one.
- **Snuff Line 1**—This audio will prepare you for what’s to come in the next couple of days as your body heals and your mind trains.
- **Training vs. Learning**—This audio is a short reminder of the true purpose of this program and the importance of seeing it as a training process.
- **Review Audio 2**—This audio is a visualization exercise designed to help train your brain and calm any feelings of stress or anxiety you might be feeling.

- **Snuff Line 2**—This audio will help you see the urges for what they are. It will also help you deal with some of the most common feelings people have during this part of the program.
- **Nose Your Way to Success**—Have you missed your cigarettes? Have you noticed any benefits so far? This audio will help you keep things in perspective and tell the truth, and soon you'll be completely free of tobacco.
- **Keys to the Future**—This audio sets the stage for the future and offers a plan on how to live free, dream big, and be a "possibility-thinker" for the rest of your life.
- **Snuff Line 3**—This audio examines the extremely important difference between *tolerating* something and *choosing* it.
- **Being the Boss**—There is a power in taking control of your thoughts and accepting responsibility.
- **Winning**—Practice and preparation...Those are two of the main keys to finishing the program successfully and naturally living free for the rest of your life.
- **Visual Declaring**—This audio is a visualization exercise that has the power to change the subconscious false beliefs you have and expand your comfort zone so you can live smoke-free naturally.
- **Living Free**—This audio will tell you how to approach the rest of this program.
- **Weekend Visualization**—This is a visualization specifically designed to help you remain powerfully in control of your ability to choose in the more difficult times, like the weekend.
- **Substitution**—Listen to this audio and learn the simple secret that lies in true accomplishment.
- **Confidence**—Over-confidence can be a trap. Listen to this audio and avoid a common pitfall.
- **Completion**—This audio shows you the true nature of completion and what it means going forward.

Food (LivingLean) *Overpower your cravings*

Summary: LivingLean doesn't involve diets, willpower, or tricks of any sort. Truly living lean is a lifestyle, a state of mind, and it's ever-lasting. So welcome to the science-driven course that addresses unhealthy eating habits where they were formed: in the brain.

Course Lessons

1. **Introduction – Living Lean Naturally**
You're about to change the way you think about food.
2. **Orientation – Can I Succeed? The Six Criteria for Success.**
Find out how to define your choices—in nutrition and life—in a way that empowers you.
3. **Regaining Power Over Food**
You are about to learn the secret to finding your greatest source of motivation.
4. **Why You Eat Foods That Make You Overweight**
You will have a lightbulb moment once you understand the true reason for unhealthy eating.
5. **How to Stop Munching**
From muncher to ex-muncher. The breakthrough starts today.
6. **Taking Control**
Your brain is retraining, and your body is healing.
7. **Wheel of Certainty – Part One**
Your brain is more powerful than you realize. Let's use its massive power to your advantage.

8. **The Wheel of Certainty – Part Two**
You are in the present—the only place you’ll ever be.
9. **Changing Your Self-Image**
There are four ways that people can get derailed. We know how to deal with them so you can stay on track.
10. **Designing Your Future**
You are now on the path to naturally living lean. How far you go is up to you.
11. **The Possibility for Living Lean**
Mastery is yours if you want it.
12. **Taking a Stand for Your Future**
You are not your breakdowns, fears, or worries. It’s time to let go of the past and move forward.
13. **Getting Others to Join You**
Get your family and friends on board with your new, lean lifestyle.
14. **Mastering Living Lean**
Living lean is a mindset and a way of life. You have just begun.

Key to Success Cards

- **Key to Success Card #1**—Read this every time you have the desire to eat to practice acknowledging your thoughts of food and to take responsibility for your urges.
- **Key to Success Card #2**—Read the card every time you have a desire to eat to practice acknowledging your thoughts and to take responsibility for your urge.
- **Key to Success Card #3**—Read this card every time you think of your main munch to acknowledge the truth.
- **Creed Card**—Read this card each time you have an urge for your C/Os to clearly state the true choice you are making.
- **Creed Card #2**—This card will keep you firmly in the vision of your #1 benefit - read it whenever you have an urge to munch.
- **Purpose Card**—This card will keep you living in the vision of what you truly want and deserve in life.
- **“Take a Stand” Card**—Read this card to remind you of your continued commitment to living lean whenever you are challenged by your old way of thinking.
- **Final Creed and Real Choice**—Use this card to remind yourself of the real choice: choosing to accept discomfort is choosing to grow and live lean!

Support Audios

- **Review Audio 1**—There are 6 criteria for success in this program and this audio explains each one. It also gives you a step-by-step approach that you can practice on your way to living lean for life.
- **Training vs. Learning**—This audio is a short reminder of the true purpose of this program and the importance of seeing it as a training process.
- **Snack Line 1**—This audio explains what you expect over the next few days as your brain begins to train.
- **Review Audio 2**—This audio is a visualization exercise designed to help train your brain and calm any feelings of stress or anxiety you might be feeling.
- **Snack Line 2**—This audio focuses on three of the most common issues people face at this time in the program: anxiety, frustration, and feelings of deprivation.
- **Nose Your Way to Success**—This audio explains how to keep you on track if you are missing your main munch.
- **Keys to the Future**—This audio sets the stage for the future.

- **Snack Line 3**—This audio explains the difference between *tolerating* something and *choosing* it.
- **Being the Boss**—There is a power in taking control of your thoughts and accepting responsibility.
- **Winning**—Practice and preparation...those are two of the main keys to finishing the program successfully and naturally living lean for the rest of your life.
- **Visual Declaring**—This audio is a visualization exercise that has the power to change the subconscious false beliefs you have and expand your comfort zone to include the healthy behaviors you want to live with naturally.
- **Weekend Visualization**—This audio will help prepare you for the weekend using the power of visualization.
- **Living Free**—This audio will tell you how to approach the rest of this program.
- **Substitution**—This audio explains how and why substitution can create problems.
- **Confidence**—Over-confidence can be a trap. Listen to this audio and avoid a common pitfall.
- **A New Beginning**—This audio shows you the true nature of completion and what it means going forward.

Alcohol (*LivingSmart*) *Gain control over drinking*

Summary: LivingSmart doesn't involve willpower. There's no tricks or gimmicks of any sort. Truly living smart is a lifestyle, a state of mind, and it's everlasting. So welcome to the science-driven course that addresses the alcohol problem where it was formed: in the brain.

Course Lessons

1. **Introduction – Around the Bend**
LivingSmart is unlike anything you have tried before.
2. **Orientation – What is the Real Choice?**
Find out how to define your choices regarding alcohol in a way that empowers you.
3. **Biggest Best Benefit of All**
Learn the secret to finding your greatest sources of motivation.
4. **There is Only ONE Reason You Drink**
You will have a light bulb moment once you understand the true reason you drink.
5. **Prepare for Your Breakthrough**
Today is the day you move from drinker to ex-drinker, and that's exciting.
6. **Do You Hear Yourself?**
Self-talk is powerful. Use it to your advantage.
7. **Practice Makes Perfect**
Living smart naturally takes time and repetition to learn.
8. **Who's the Boss?**
You are the boss! Not your urges to drink.
9. **Celebrate Your Success**
You have begun retraining your mind and healing your body—the beginning of a great chapter in your life.
10. **The Difference Between 99% and 100%**
We are talking about mastery, and it is yours if you want it.

11. **A Future Full of Possibility**

You are now on the path to naturally living smart. How far you go is up to you.

12. **Commitment Takes Character**

You have proven you have it by making it through the program. It's time to reinvent your future.

Key to Success Cards

- **Key to Success Card #1**—Read this card every time you have the desire to drink to acknowledge thoughts of drinking and take responsibility for your urge to drink.
- **Key to Success Card #2**—Read this card whenever you think about alcohol to acknowledge your desire to drink and to practice making conscious choices.
- **Key to Success Card #3**—Use this card before each drink to acknowledge that you have a choice.
- **Creed Card**—Read this card to remind yourself of the truth and to train your mind.
- **Creed Card #2**—Use this card to tell the truth about drinking and to imprint that truth on your mind.
- **Substitution Card**—Read this card to remind yourself that substitution is the same as drinking and that it will keep you from retraining your mind.
- **Real Choice Card**—Read this card whenever you have a thought about alcohol to drink.
- **Ex-Drinker's Final Creed & Real Choice**—Use this card to remind yourself of the real choice: choosing to accept discomfort is choosing to grow and live smart!

Support Audios

- **Review Audio 1**—There are 6 criteria for success in this program, and this audio explains each one.
- **Training vs. Learning**—This audio will reinforce what you've already learned, and will help you to continue to practice choosing quality in your life.
- **Sip Line 1**—This audio will prepare you for what's to come in the next couple of days as your body heals and your mind trains.
- **Review Audio 2**—This audio is a visualization exercise designed to help train your brain and calm any feelings of stress or anxiety you might be feeling.
- **Sip Line 2**—This audio will help you see the urges to drink for what they are.
- **Nose Your Way to Success**—This audio will help you keep things in perspective and tell the truth, and soon you'll be completely free of alcohol.
- **Keys to the Future**—This audio sets the stage for the future and offers a plan on how to live lean, dream big, and be a "possibility-thinker" for the rest of your life.
- **Sip Line 3**—This audio examines the extremely important difference between *tolerating* something and *choosing* it.
- **Being the Boss**—There is a power in taking control of your thoughts and accepting responsibility.
- **Visual Declaring**—This audio is a visualization exercise that has the power to change the subconscious false beliefs you have and expand your comfort zone so you become naturally living smart.
- **Winning**—Practice and preparation...Those are two of the main keys to finishing the program successfully and naturally living lean for the rest of your life.
- **Weekend Visualization**—This audio will help prepare you for the weekend using the power of visualization.
- **Living Free**—This audio will tell you how to approach the rest of this program.
- **Substitution**—This audio explains how and why substitution can create problems.
- **Confidence**—Over-confidence can be a trap. Listen to this audio and avoid a common pitfall.
- **Completion: A New Beginning**—This audio shows you the true nature of completion and what it means going forward.

Diabetes (LivingWell) *Manage your condition*

Summary: LivingWell addresses diabetes from the inside out, from the thoughts you have to the actions you take. By the end of the course you will see diabetes not as an enemy, but as a guide to living your healthiest life possible. LivingWell is science-based and it will redefine your view on what diabetes really is and what it means to your life.

Course Lessons

1. **A Change of Perspective**
Building the foundation for a better relationship with diabetes starts with a new outlook.
2. **Bend...**
Sometimes life can get rough, but that's no excuse to break.
3. **What is your focus?**
You are steering yourself toward an outcome, whether you know it or not. Find out how to head in the right direction.
4. **There Are Two Main Ways We Cope in Life**
When we rely on one of them too much, we tend to become stuck.
5. **"All or Nothing"**
And other faulty ways of thinking that can trip you up and send you into an emotional tailspin.
6. **Are You Ready for Your Close-Up?**
Begin filming the movie of your life as you want it to be, scene by scene.
7. **There's More than One Way to Look at Everything**
How you choose to see things in life is up to you.
8. **It's Time to Get Off of Autopilot**
There are three sources of beliefs from the past that create knee-jerk reactions to situations in the present.
9. **What Does it Mean to be a Self-Leader?**
There are eight characteristics. The more you practice them, the more you'll connect with yourself and others.

Key to Success Cards

- **Key to Success Card #1**—Use this card to help you become mindful of your feelings of upset and the triggers that lead to them.
- **Key to Success Card #2**—Use this card to acknowledge the way you feel when you are upset or stressed, and the way you want to cope with the situation.
- **Key to Success Card #3**—Use this card to help you acknowledge how you are responding to things in ways that are putting you below the line.
- **Key to Success Card #4**—Use this card when you're *in the moment* of your stressor situations.
- **Key to Success Card #5**—Use this card for any stressful situations in life, it will help to transform your experience into a positive one.
- **Key to Success Workcard**—Use this card is to remind you of the principles of the course in relation to diabetes related situations you'd like to resolve.

- **Key to Success Workcard #2**—Use this card to help you interpret trigger situations in ways that bring you power.
- **The Habit-Builder Card**—Use this card to create any healthy habit you want.

“Daily D” Articles

83 articles, sent out daily, that cover all aspects of successful diabetes management.

Additional Reading

- **Diabetes Guidelines**—A basic reminder checklist with daily diabetes self-care tips.
- **15 Reasons to Move Your Body**—The positive impact of physical activity on diabetes management.

Sleep (*Living Well Rested*) *Rest and perform better*

Summary: When you have insomnia, you know you’re going to have trouble sleeping, you can sense it. And that’s part of the problem. For most people, insomnia is a self-fueling condition. The good news is that it is fixable.

Course Sessions

1. **Why Can't I Sleep?!**
Insomnia can be a tricky animal until you understand the roots causes and find out where sleep troubles originate.
2. **Let's Make a Plan**
It's time to make a plan and escape the maze of insomnia.
3. **Take Back Control**
Insomnia thrives in subconscious thoughts. We're going to bring those thoughts to light and change them.
4. **Do You Mind?**
It's called mindfulness, and it puts insomnia to bed.
5. **Time to Take a Leap**
Find out why some people seem to have "all the luck."
6. **Don't Worry...Seriously, Stop Worrying**
Anxiety and insomnia are peas in a pod. Separating them causes them to wither and die—and your life gets better.
7. **Food and Sleep**
They're related, and the Doc knows more about it than just about anyone.
8. **Graduation!**
A final master quiz to test sleep knowledge.

Key to Success Cards

- **Key to Success Card #1**—Use this card every 2 hours, or whenever you have a thought about sleeping in or going to bed early.
- **Key to Success Card #2**—Use this card to help you acknowledge your power to choose.

- **Key to Success Card #3**—Use this card to continue the process of rewiring your brain regarding your unwanted habits.
- **Key to Success Card #4**—Use this card to when you have the urge to take any action that drives insomnia.

Support Audio

- **Lou's Visualization**—Use this visualization to train your brain to see your bed as an invitation to a night of restful sleep.
- **Vivian's Visualization**—Use this audio often before you go to bed until you're sleeping through the night.
- **"Quiet the Mind" Visualization**—Use this audio to create a mental state of peace and calmness.
- **"The Wave" Visualization**—Listen to this audio to help you relax.
- **Anti-Anxiety Exercise**—Use this audio to help you eliminate any pre-bedtime worrying.

"Daily Z" Articles

45 articles, with audio versions, that cover various aspects of life with insomnia and the science of sleep.

Additional Reading

- **Top 10 Insomnia-Breakers**—The most basic and simple ways you can overcome insomnia.
- **Ideas for Early-Wakers**—Tips for people who consistently wake earlier than they'd like.
- **Causes of Fatigue**—A list of common reasons, beyond poor sleep, that cause people to feel chronically tired.
- **Dealing with Jetlag**—Tips for people who plan on flying over time-zones.
- **Ideas to Stay Awake**—How to stay awake until your bedtime so you can reset your body clock.
- **Reframing**—Common myths about sleep and insomnia.
- **Progressive Muscle Relaxation**—How to relax each part of the body, particularly useful before going to bed.

Text-Based Microlearning Course Overview:

Healthy Weight

Course Objective: Equip participants with the information that enables them to reach and maintain a healthy weight.

Course Sessions

1. **Defining Healthy Weight and Weight Management**
In this first lesson, we'll discuss what it means to reach and maintain a healthy weight and why it's important for mind, body, and quality of life.
2. **Creating a Strong Source of Motivation**
In this lesson, we'll discuss how to identify a healthy weight range and how to begin creating motivation for success.
3. **Eating, Drinking, & Moving for a Healthy Weight**
Nutrition and physical activity are the two KEYS to healthy weight management.
4. **Healthy Weight: A Plan for Success**
Positive thinking and planning ahead play a big role in weight management.
5. **Taking it up a Notch**
As you put your weight management skills to use, let's reinforce the most powerful tips and strategies.
6. **Celebrating Success and Looking Ahead**
Preparing for the future and sustaining long-term success.

Nutrition

Course Objective: Educate participants about nutrition so they can make dietary decisions that improve overall health.

Course Sessions

1. **Why is Nutrition Important?**
In this first lesson, we'll define what nutrition is and the benefits of eating for the nourishment of body and mind.
2. **Macronutrients and Micronutrients**
In this lesson, we'll discuss the basic building blocks of nutrition.
3. **Eating Healthy on a Daily Basis**
In this lesson, we'll cover some practical ways to make healthy eating a reality in day-to-day life.
4. **Defining Hunger and Summarizing Nutritional Guidelines**
Taking nutritional knowledge to the next step: Eating healthy for life!

Stress 101 *(Information and Practical Tools)*

Course Objective: Educate participants about the importance of stress management and give them a wide range of practical and simple ways to combat stress on a daily basis.

Course Sessions

1. **What is Stress and Why Manage It?**
Stress comes in many forms. For some types of stress, management is important for mental, emotional, and physical health.
2. **Lifestyle Habits and Impact on Stress**
What we eat, what we drink, how well we sleep, and our activity levels are all linked directly to how well we manage stress.
3. **Practical and Simple Ways to Practice Daily Stress Management**
Managing stress through relaxation, organization, and actionable coping techniques can easily become habit.
4. **Creating a Foundation of Resilience**
Changing how we see our stressors and how we treat ourselves can help us take a new level of control over stress.

Advanced Stress Management *(CBT-based Training)*

Course Objective: Provide participants with stress-management methodology that enables them to create new, empowering ways to respond to the stressful situations they encounter.

Course Sessions

1. **The Brain and Stress: What is the Connection?**
Defining stress, identifying personal stressors, and understanding the role the brain plays in stress management.
2. **Creating a Puzzle Box-Top Vision**
Like so many things in life, the way we respond to stressful situations can become a habit. Part of building resilience is about making new, healthier habits and learning to “see” our stressful situations in a new way.
3. **Emotion- vs. Problem-Focused Coping Techniques**
There are many different ways that we cope with stress, but they can all fit into one of two categories.
4. **Our Beliefs, Stress, and a Simple Process**
The things we believe, even subconsciously, can affect how we feel about ourselves, life, and the things that cause us anxiety and stress.
5. **Connecting with Ourselves and the World Around Us**
When we feel a strong sense of connection, both inward and outward, our levels of resiliency thrive!

Stress Management for Healthcare Workers

Course Objective: Address the unique emotional and psychological challenges that healthcare employees face at work and home.

Course Sessions

1. **The Brain and Stress: What is the Connection?**
What stress is, why it's important to manage workplace stress, and the role the brain plays in managing stress? We also identify personal healthcare stressors and habitual responses to triggers.
2. **Creating New Outcomes for Old Stressors**
How lifestyle plays a role in stress management, including subconscious responses to stress, and how to create the outcome they want as it relates to their stressors.
3. **Finding the Best Coping Techniques for Stress**
Learn the difference between emotion- and problem-focused coping techniques, plus the two ways they can effectively respond to stress in-the-moment.
4. **Our Beliefs, Stress, and a Simple Process**
Discover the meaning of "responsibility" and identify the disempowering thought patterns that continue recurring stressful situations.
5. **Connecting with Ourselves and the World Around Us**
Explore the value of connections, especially in within the healthcare occupation, and learn the tell-tale signs that help is needed.

Building Confidence, Commitment, and Motivation (CBT-based Training)

Course Objective: Participant gains clarity on their purpose for their behavioral change and begins taking steps towards increased confidence, commitment, and motivation.

Course Sessions

1. **Cognitive dissonance**
Often, a person can want to continue and quit a behavior, simultaneously, creating a frustrating mentality that makes it harder to achieve lifestyle goals.
2. **Power of visualization**
Visualization can be an incredibly powerful tool if you learn how to use it.
3. **Determining the #1 benefit**
Creating a healthy lifestyle change that lasts is dependent upon having a clear and inspiring reason you want to do it.
4. **SMART goals**
Creating larger, overarching goals is a great thing to do in life, and reaching them can be done bit by bit using something called SMART goals.

Carrying New Healthier Lifestyles into the Future

(CBT-based Training)

Course Objective: Participant establishes a purpose and greater ability to maintain the healthier lifestyle.

Course Sessions

1. **Creating a Vision for the Future and Living in the Possibility**
Healthy lifestyle change that is permanent requires a vision for the future.
2. **Living in the Conversation**
The final step of creating permanent lifestyle change is the ability to naturally make the choices that support our goals, and this is done when our self-talk reflects a new way of thinking and being.
3. **Keep Training Your Brain!**
Use the tools you've gotten to create and break any habit you want.

Finding Clarity in Vision *(CBT-based Training)*

Course Objective: Participant gains clarity on the choice they truly want in a situation and learns how to practice making this choice.

Course Sessions

1. **Cognitive Dissonance**
Often, a person can want to continue and quit a behavior, simultaneously, creating a frustrating mentality that makes it harder to achieve lifestyle goals.
2. **Power of Visualization**
Visualization can be an incredibly powerful tool if you learn how to use it.

Habit Creation and the Brain *(CBT-based Training)*

Course Objective: Participants will understand how habits are created and why some habits are harder to break than others.

Course Sessions

1. **Welcome to the CBT Program!**
What is cognitive behavioral training and what is it for?
2. **Habits and the Brain**
Habits are created with the brain and habits can be changed with the brain.

3. **The 3-Step Loop of Habit Creation**

Habits are created through a repeated process and, sometimes, the process occurs without us even knowing it.

Retraining the Brain and Redefining Discomfort

(CBT-based Training)

Course Objective: Participant will understand the role of discomfort to gain a position of power over urges.

Course Sessions

1. **The Acceptance of Discomfort**

In the case of behavioral change, discomfort occurs because we are challenging ourselves but consciously accepting and embracing discomfort allows the experience of behavior change to be empowering.

2. **Creating Urges**

Creating urges and consciously addressing them makes those urges lose their power causing the brain to create new patterns and emotional responses.

Retraining the Brain and Taking Control

(CBT-based Training)

Course Objective: Participant understands why urges occur, why urges feel threatening, and how to gain a position of power over urges.

Course Sessions

1. **Two Elemental Processes in Creating New, Healthier Behaviors**

Training the brain and healing the body are two things that can cause discomfort for people who aim to replace a longstanding, unhealthy behavior that has manifested physically.

2. **The Acceptance of Discomfort**

In the case of behavioral change, discomfort occurs because we are challenging ourselves but consciously accepting and embracing discomfort allows the experience of behavior change to be empowering.

3. **Creating Urges**

Creating urges and consciously addressing them makes those urges lose their power causing the brain to create new patterns and emotional responses.

Self-Talk, Conscious Choice, and Mindfulness

(CBT-based Training)

Course Objective: Participant gains awareness of the subconscious thought patterns—and the triggers—that create an emotional response and a compulsion to engage in a specific, unwanted behavior.

Course Sessions

1. **Awareness and Acknowledgement**
Thought patterns can become habit; when we become aware of habitual thought patterns, we create the space we need to change them.
2. **What is Mindfulness?**
Taking a moment to step out of the hustle of daily life can provide clarity and awareness, and the chance to create new, healthier routines.
3. **IGMHS Self-Talk**
There is one very common type of self-talk that creates feelings of resentment and resistance when someone is trying to stop a habitual or addictive behavior.
4. **The Desert Island Syndrome**
Desert Island thinking and knowing you always (or almost always) have a choice.
5. **Interrupting the Automatic Chain Reaction**
Habitual behaviors are set into motion by a trigger, but if we pause the process, we have the opportunity to break the chain.
6. **The Importance of Repetition**
It takes repetition to create a habit, and it takes repetition to change an unwanted habit.

The Realities of Choice (CBT-based Training)

Course Objective: Participant understands the core concepts behind making choices and begins making choices from the perspective of what they truly want.

Course Sessions

1. **You Always Have a Choice**
Sometimes, even from a very young age, we confuse what we want to do with what we have to do.
2. **The Power of Now**
We can make plans, we can set goals, and we can feel excitement in anticipation, and we can—but there's only one time when we can make a choice.
3. **Identifying the REAL Choice**
When we identify our options in a situation, we can get more insight on the best choice by looking beyond the surface.

Content Library:

Our vast library of hundreds of curated articles and videos is maintained and updated regularly (~25 new pieces added each month). These resources are accessed through the Engagement Rx platform by participants and any coaches working with them. All content can be toggled on or off, and the library can be supplemented with custom client-generated items.

Title	Type	Keywords
4 Benefits of Healthy Eating	Video	healthy eating, nutrition
5 Tips to Keep Your Healthy Lifestyle Change Going	Video	self-reflection, wellness
6 Tips to Build Healthy Gaming Habits	Video	brain health, wellness
A Good Support System Is Important	Video	social support, wellness
Add More Vegetables to Your Day	Article	nutrition, healthy eating
Additional Resources for Brain Health	Article	wellness, self-efficacy
Advance Care Planning: Treatment Choices Near the End of Life	Video	chronic conditions, general health
Affirmations and Motivations	Article	self-reflection, wellness
After a Stroke: Taking a Blood Thinner for A-Fib	Video	Medications, general health
After a Stroke: Taking an Antiplatelet	Video	Medications, general health
Alcohol: Relapse and Support	Article	general health, substance use management
Alcohol: Tips for Slips	Article	general health, substance use management
Alcohol: Treatment Costs	Article	substance use management, general health
Alcohol: Treatment Options	Article	substance use management, general health
Alcohol: How to Deal With a Slip-Up	Video	substance use management, general health
Alcohol: Taking Action	Video	substance use management, general health
Alcohol: The Space It Takes Up In Your Life	Video	general health, substance use management
Alzheimer's Disease	Video	regular checkups, medications, substance use management
Anesthesia: Epidural for Childbirth	Video	Lifestyle, welcoming baby
Anti-Inflammatory Diet	Article	nutrition, healthy eating
Anxiety: How to Change Anxious Thoughts	Video	stress, wellness
Anxiety: Is Treatment Right for You?	Video	stress, wellness
Anxiety: Paying Attention to How You're Doing	Video	stress, wellness
Anxiety: Treatment Options	Video	stress, wellness
Anxiety: What Is It?	Video	stress, wellness
Appropriate Hydration for Exercise	Article	exercise, safety
Arthritis: Making Everyday Activities Easier	Video	chronic conditions, general health

Asthma Action Plan	Video	chronic conditions, general health
Asthma: Myths About Inhaled Steroids	Video	medications, general health
Asthma: The Importance of Controller Medicine	Video	medications, general health
Attention Adults: You Need Vaccines Too!	Article	checkups, general health
Avoiding COPD Triggers	Video	chronic conditions, general health
Back Pain Needs Time	Activity	medications
Back Pain: Getting In and Out of Bed	Video	general health, chronic conditions
Back Pain: Have a Maintenance Plan	Video	exercise, safety
Back Pain: Self-Massage With a Tennis Ball	Video	Chronic conditions, general health
Back Pain: Strengthening Your Core	Video	exercise, workouts
Be Active Adults	Article	exercise, workouts
Be Food Safe	Article	nutrition, healthy eating
Beat Your Smoking Triggers	Video	substance use management, general health
Being Physically Active	Article	stress, wellness
Big Baby: What's Happening at the End of Pregnancy?	Video	Lifestyle, welcoming baby
Blister Care	Video	Medications, general health
Body Composition Results Interpretation	Article	checkups, general health
Brain Health: Fact or Fiction	Article	brain health, wellness
Brain Health: Food for Thought	Article	brain health, wellness
Brain Health is Connected to Heart Health	Article	brain health, wellness
Build a Healthy Meal	Article	cooking, healthy eating
Build Healthy Mealtime Habits	Article	nutrition, healthy eating
Building a High-Performance Team	Article	job growth, lifestyle
Building a Safer and Healthier Environment	Article	environment, lifestyle
Cancer Treatment: Help for Mouth and Throat Problems	Video	regular checkups, medications, substance use management
Cancer: Adjusting Over Time	Video	Stress, wellness
Cancer: Dealing With Stress	Video	Stress, wellness
Cancer: Finding Peace in Spirituality	Video	Social support
Cancer: Finding Your Strength	Video	Stress, wellness
Cancer: How It Affects Your Relationships	Video	Social support, lifestyle
Cancer: Life After Treatment	Video	Social support
Cancer: Understanding Your Feelings	Video	Social support
Cancer: When You First Find Out	Video	Chronic conditions, general health
Carbohydrate Pairings for Snacks	Article	nutrition, healthy eating
Carbohydrates, Proteins, and Fats	Article	nutrition, healthy eating
Cardiac Rehab: How It Can Help	Video	chronic conditions, general health
Care for Minor Burns	Video	Medications, general health
Caregiving: Take Care of Yourself Too	Video	social support, wellness

Caring For Your Newborn: Sleeping	Video	parenting, lifestyle
Caring for Yourself After Cesarean Delivery	Video	Lifestyle, welcoming baby
Caring for Yourself After Vaginal Delivery	Video	Lifestyle, welcoming baby
Caring for yourself when you have postpartum depression	Article	Lifestyle, welcoming baby
Carpal Tunnel Syndrome: Stretches	Video	exercise, workouts
Chemicals in the Home and Office	Article	environment, lifestyle
Cholesterol Numbers: What They Mean for Your Health	Video	checkups, general health
Cholesterol Test: Understanding the Test	Video	Chronic conditions, general health
Cholesterol: Choosing a Heart-Healthy Life	Video	nutrition, healthy eating
Choosing Healthy Meals As You Get Older	Article	cooking, healthy eating
Chronic Pain: How Medicines Can Help You Manage It	Video	regular checkups, medications, substance use management
Circuit Training	Article	workouts, exercise
Colonoscopy: Overview	Video	Chronic conditions, regular check ups
Colorectal Cancer Awareness	Article	checkups, general health
Combating Eye Strain	Article	chronic conditions, general health
Complete Blood Count (CBC) Test: Understanding the Test	Video	Chronic conditions, general health
COPD: Clearing Your Lungs	Video	chronic conditions, general health
COPD: Exercises for Easier Breathing	Video	chronic conditions, general health
COPD: How to Use a Nebulizer	Video	medications, general health
COPD: Keeping Your Quality of Life	Video	chronic conditions, general health
COPD: Take This Chance to Quit Smoking	Video	chronic conditions, general health
COPD: Time to Decide About Smoking	Video	chronic conditions, general health
COPD: Try a New Quit-Smoking Strategy	Video	chronic conditions, general health
Coping with Triggers and Ongoing Support System	Article	social support, lifestyle
Coronary Angiogram: Returning Home	Video	Chronic conditions, general health
Coronary Artery Disease and Depression	Video	chronic conditions, general health
Coronary Artery Disease: 7 Ways to Help Lower Your Risk for a Heart Attack	Video	chronic conditions, general health
Coronary Artery Disease: Being Active	Video	Exercise, safety
Coronary Artery Disease: Commit to Making an Exercise Plan	Video	Exercise, safety
Coronary Artery Disease: Getting Back on Track	Video	Chronic conditions, general health
Coronary Artery Disease: Making Peace With Medicines	Video	medications, general health
Coronary Artery Disease: Women Are at Risk Too	Video	Chronic conditions, general health
Counseling for Depression	Video	brain health, wellness
COVID-19: 5 Steps to Washing Your Hands	Video	checkups, general health
COVID-19: 7 Things You Can Do to Keep Your Distance	Video	checkups, general health
COVID-19: Keeping Your Distance	Video	checkups, general health

COVID-19: Taking Care of Yourself If You Have It	Video	checkups, general health
Creating an Exercise Routine—Part 1	Article	workouts, exercise
Creating an Exercise Routine—Part 2	Article	workouts, exercise
Credit Cards	Article	financial health, lifestyle
Credit Issues	Article	financial health, lifestyle
Credit Reports and Scores	Article	financial health, lifestyle
Daily Breathing Exercises	Article	stress, wellness
Dance Your Way to Better Brain Health	Article	workouts, exercise
Dealing With Asthma Triggers	Video	chronic conditions, general health
Dealing with Debt	Article	financial health, lifestyle
Deciding About a Hysterectomy for Abnormal Uterine Bleeding	Video	checkups, chronic conditions
Deciding About Coronary Angiogram	Video	checkups, chronic conditions
Deciding About Herniated Disc Surgery	Video	Chronic conditions, regular check ups
Deciding how alcohol fits in with your weight management plan	Article	healthy weight
Depression after childbirth: Overview	Article	Lifestyle, welcoming baby
Depression Is Common	Video	brain health, wellness
Depression Medicine Side Effects	Video	medications, general health
Depression Medicine: Deciding to Quit	Video	medications, general health
Depression Medicines	Video	medications, general health
Depression: Cost of Medicine	Video	general health, medications
Depression: Mood Check-In to Prevent a Relapse	Video	brain health, wellness
Depression: Outside Looking In	Video	brain health, wellness
Depression: Social Support and Recovery	Video	social support, lifestyle
Depression: Using Your Inner Strengths	Video	self-efficacy, wellness
Diabetes: Signs and Symptoms	Article	chronic conditions, general health
Diabetes and Exercise	Video	regular checkups, medications, substance use management
Diabetes and Wound Care	Video	chronic conditions, general health
Diabetes and Your Heart	Video	Chronic conditions, general health
Diabetes: A1c Test and Making a Plan	Video	checkups, general health
Diabetes: Benefits of Blood Sugar Testing	Video	regular checkups, medications, substance use management
Diabetes: Carbohydrates and Your Blood Sugar	Video	chronic conditions, general health
Diabetes: Counting Carbohydrates	Video	Chronic conditions, general health
Diabetes: Finger-Stick Test	Video	checkups, general health
Diabetes: How to Build Your Plate	Video	chronic conditions, general health
Diabetes: Insulin's Role	Video	medications, general health
Diabetes: Planning for a Healthy Pregnancy	Video	Welcoming baby, lifestyle
Diabetes: Testing Your Blood Sugar	Video	checkups, general health

Diet and Exercise for Metabolic Syndrome	Article	Chronic conditions, general health
Dining Out	Article	nutrition, healthy eating
Diversity 101: The Business Case for Diversity and Inclusion	Article	job growth, lifestyle
Eat Seafood Twice a Week	Article	cooking, healthy eating
Eating Better on a Budget	Article	cooking, healthy eating
Eating Foods Away From Home	Article	cooking, healthy eating
Enchilada Pizza	Article	recipes, healthy eating
Endometrial Ablation	Video	checkups, general health
Endometrial Ablation	Video	checkups, chronic conditions
Engaging in Regular Social Support and Psychological Well-Being	Article	social support, lifestyle
Enjoy Foods From Many Cultures	Article	nutrition, healthy eating
Enjoy Your Food But Eat Less	Article	nutrition, healthy eating
Epilepsy: Tips for Keeping Your Child Safe	Video	Chronic conditions, regular check ups
Ergonomics: Exercises to Do While Sitting	Video	workouts, exercise
Ergonomics: Setting Up Your Work Area	Video	environment, lifestyle
Ergonomics: Using Your Computer	Video	environment, lifestyle
Evening and Late-Night Shift-Workers - Restricted Feeding and Circadian Rhythm	Article	shift-work, lifestyle, sleep
Evening and Late-Night Shift-Workers — Tips for Healthier Lifestyle Habits	Article	shift-work, lifestyle, sleep
Exercise Electrocardiogram (Stress Test)	Video	Chronic conditions, general health
Exercise Safety	Article	safety, exercise
Facilitation: Resources	Article	wellness, facilitation
Facilitation: How To's	Article	wellness, facilitation
Finding the Right Posture	Article	environment, lifestyle
Finding the Right Resistance	Article	workouts, exercise
Fitness Fundamentals	Article	workouts, exercise
Fitness: Moving More	Video	exercise, workouts
Five Tips For Healthy Eating	Video	nutrition, healthy eating
Gardening	Article	stress, wellness
Gestational Diabetes: Activity	Video	Welcoming baby, lifestyle
Gestational Diabetes: What Is It?	Video	Welcoming baby, lifestyle
Get the Facts to Look and Feel Better	Article	nutrition, healthy eating
Getting Plenty of Rest	Article	sleep, general health
Getting Regular Tests and Keeping Vaccines Up-to-Date	Article	checkups, general health
Getting Started With Flexibility and Stretching	Video	exercise, workouts
Got Your Dairy Today?	Article	nutrition, healthy eating
GRAPES: A Daily Self-Care Checklist	Article	stress, wellness

Greens N'Beans Saute	Article	recipes, healthy eating
Grief: Coping After Stillbirth	Video	Lifestyle, welcoming baby
Headaches: Avoiding Triggers	Video	chronic conditions, general health
Headaches: Keeping a Diary	Video	chronic conditions, general health
Healthier Options for Fast Food	Article	cooking, healthy eating
Healthy Aging: Keeping your mind sharp	Article	brain health, wellness
Healthy bone versus bone weakened by osteoporosis	Article	Chronic conditions, general health
Healthy Cooking	Article	cooking, healthy eating
Healthy Eating for an Active Lifestyle	Article	nutrition, healthy eating
Healthy Eating: Getting Back on Track	Video	healthy eating, nutrition
Healthy Eating: What Will Make It Work for You?	Video	healthy eating, nutrition
Healthy Living During Menopause and Beyond	Article	chronic conditions, general health
Healthy Weight: Find Your Inspiration	Video	healthy weight
Healthy Weight: Make Your Plan	Video	nutrition, healthy eating
Healthy Weight: When Success Slows Down	Video	healthy weight
Heart Disease: Signs and Symptoms	Article	chronic conditions, general health
Heart Failure: Being Active	Video	chronic conditions, general health
Heart Failure: Checking Your Weight Daily	Video	chronic conditions, general health
Heart Failure: Daily Symptom Checks	Video	Chronic conditions, general health
Heart Failure: How Support Can Help	Video	chronic conditions, general health
Heart Failure: Learn to Recognize Symptoms	Video	Chronic conditions, general health
Heart Failure: Limiting Fluids	Video	chronic conditions, general health
Heart Failure: Medicines to Avoid	Video	chronic conditions, general health
Heart Failure: Small Steps to Self-Care	Video	Chronic conditions, general health
Heart Failure: Support After Your Hospital Stay	Video	chronic conditions, general health
Heart Failure: Taking Over-the-Counter Medicines Safely	Video	Medicines, chronic conditions
Heart Failure: Track Your Symptoms	Video	chronic conditions, general health
Heart Failure: When to Act on Your Symptoms	Video	Chronic conditions, general health
Heart Health: Where Will You Be in 5 Years?	Video	checkups, general health
Heart Valve Repair or Replacement: Before Your Surgery	Video	Chronic conditions, regular check ups
Heart-Healthy Diet	Video	nutrition, healthy eating
High Blood Pressure: Make the Most of Home Monitoring	Video	chronic conditions, general health
High Blood Pressure: The DASH Diet	Video	chronic conditions, general health
Hormone Therapy for Abnormal Uterine Bleeding	Video	checkups, general health
Hormone Therapy for Abnormal Uterine Bleeding	Video	checkups, chronic conditions
Hormone Therapy for Abnormal Uterine Bleeding	Video	checkups, chronic conditions
Hot and Cold Therapy for Arthritis	Video	chronic conditions, general health
How and When to Give Naloxone	Video	Chronic conditions, general health

How can changing your thinking help you reach your weight goal?	Article	healthy weight
How can limiting alcohol help you manage your weight?	Article	healthy weight
How can you care for asthma in adults	Article	Chronic conditions, general health
How can you care for yourself after delivery (postpartum)?	Article	welcoming baby, lifestyle
How can you care for yourself if you have postpartum depression?	Article	Lifestyle, welcoming baby
How can you care for yourself when you have diabetic retinopathy?	Article	checkups
How can you overcome barriers to practicing mindfulness?	Article	stress, wellness
How can you see how your weight loss is going?	Article	healthy weight
How can you stay on your healthy weight plan when your schedule changes?	Article	healthy weight
How do calories affect your weight?	Article	healthy weight
How do you know if your weight is in the obesity range?	Article	healthy weight
How do you practice mindfulness for stress?	Article	stress, wellness
How do your thoughts and feelings affect your health?	Article	stress, wellness
How does mindfulness help to relieve stress?	Article	stress, wellness
How Exercise Helps You Get Better Sleep	Article	sleep, general health
How Plaque Increases the Risk of a Heart Attack	Video	chronic conditions, general health
How Soft Drinks Impact Your Health	Article	nutrition, healthy eating
How to create a healthy weight plan for your family	Article	healthy weight
How to Do Chair Push-Ups	Video	workouts, exercise
How to Do Heel Raises	Video	Exercise, workouts
How to do mindful meditation	Article	stress, wellness
How to Do Quad Sets	Video	Exercise, workouts
How to Do Short-Arc (Terminal) Knee Extensions While Standing	Video	Exercise, workouts
How to Do Stationary Biking for Knee Rehab	Video	Exercise, workouts
How to Do the Bird Dog Exercise	Video	Exercise, safety
How to do the Bridging Exercise	Video	exercise, workouts
How to Do the Hamstring Stretch in a Doorway	Video	exercise, workouts
How to Do the Hip Flexor Stretch	Video	exercise, workouts
How to Do the Knee Flexion Stretch While Sitting	Video	Exercise, workouts
How to Do the Pelvic Tilt Exercise	Video	exercise, workouts
How to Do the Press-Up Exercise	Video	exercise, workouts
How to find inspiration to lose weight	Article	healthy weight
How to get back to your weight-loss goals	Article	healthy weight
How to Give Yourself an Epinephrine Shot	Video	medications, general health
How to keep negative thoughts and feelings from affecting your weight loss goals	Article	healthy weight

How to Plan Weekly Workouts	Article	workouts, exercise
How to Prevent a Second Heart Attack	Video	Chronic conditions, general health
How to Stop Negative Thoughts	Video	self-reflection, wellness
How to track your eating to reach your healthy weight goal	Article	healthy weight
How to Wrap a Sprained Ankle	Video	Exercise, safety
How Your Body Reacts to Stress	Video	stress, wellness
Hummus	Article	recipes, healthy eating
Hydration: Facts and Myths	Article	hydration, healthy eating
Hydration, Processed Food, and Lunch	Article	hydration, healthy eating
Hydroponic Farming	Article	environment, lifestyle
Hysterectomy	Video	checkups, chronic conditions
Hysterectomy: Returning Home	Video	checkups, chronic conditions
Imaging Tests for Low Back Pain	Video	checkups, general health
Improving Your Eating Habits	Article	nutrition, healthy eating
Increasing mind-body wellness	Article	stress, wellness
Insulin: Giving an Injection in the Arm Using a Syringe	Video	medications, general health
Insulin: How to Prepare a Mixed Dose	Video	medications, general health
Is It a Heart Attack?	Video	Chronic conditions, general health
Kicking the Tobacco Habit	Article	general health, substance use management
Limiting the Amount of Alcohol Consumed	Article	substance use management, general health
Liven Up Your Meals With Fruits and Vegetables	Article	cooking, healthy eating
Loud Noises Damage Hearing	Article	environment, lifestyle
Low Back Pain: Keep Moving	Video	exercise, workouts
Maintaining a Healthy Weight	Article	nutrition, healthy eating
Make a plan to lose weight	Article	healthy weight
Make Better Beverage Choices	Article	hydration, healthy eating
Make Celebrations Fun, Healthy, and Active	Article	nutrition, healthy eating
Make Half Your Grains Whole Grains	Article	cooking, healthy eating
Make the Most of Your Doctor Visit	Video	checkups, general health
Making healthy changes to manage your weight	Article	healthy weight
Making Meals With Less Sodium	Video	nutrition, healthy eating
Making Meals With Less Sodium	Video	Nutrition, healthy eating
Managing Complex Change: Action Plan	Article	wellness, self-efficacy
Managing Complex Change: Resources	Article	wellness, self-efficacy
Managing Complex Change: Reward System	Article	wellness, self-efficacy
Managing Complex Change: Skill Sets	Article	wellness, self-reflection
Managing Complex Change: Wellness Vision	Article	wellness, self-reflection
Managing Morning Sickness	Video	Lifestyle, welcoming baby

Managing Your Medicines	Video	medications, general health
Mastectomy: Returning Home	Video	Chronic conditions, general health
Meal Planning Tips	Article	cooking, healthy eating
Measles: Make Sure You and Your Family are Fully Immunized	Article	checkups, general health
Measuring Your Exercise Intensity	Video	exercise, safety
Medication Interactions With Exercise	Article	safety, exercise
Medicine for High Blood Pressure	Video	medications, general health
Mediterranean Diet	Article	nutrition, healthy eating
Mindfulness: Breathing Practice	Video	stress, wellness
Mixing Alcohol with Medicines	Article	medications, general health
More Healthy Snack Ideas	Article	recipes, healthy eating
Nicotine and the Brain	Video	substance use management, general health
Non-Dairy Calcium-Rich Foods	Article	nutrition, healthy eating
Normal pregnancy: First trimester	Article	welcoming baby, lifestyle
Normal pregnancy: Second trimester	Article	welcoming baby, lifestyle
Older Adults: Be Inspired to Get Active	Video	healthy weight
Older Adults: Getting Active After a Health Scare	Video	exercise, safety
Older Adults: Making Physical Activity a Routine	Video	healthy weight
Older Adults: Overcoming Barriers to Fitness	Video	Exercise, safety
Opioids for Children	Video	regular checkups, medications, substance use management
Overcoming Barriers to Practicing Mindfulness	Video	stress, wellness
Overtraining	Article	safety, exercise
Pacemaker Placement	Video	Chronic conditions, general health
Paying Attention to Chronic Conditions	Article	chronic conditions, general health
Pelvic Exercises for Urinary Incontinence	Video	exercise, workouts
Pet Food Safety	Article	environment, lifestyle
Physical Activity Education: Basic Sequence	Article	exercise, workouts
Plant-Based Nutrition	Article	nutrition, healthy eating
Pneumococcal Vaccine	Video	Regular checkups, general health
Positive Parenting Tips: Teenagers (15-17YO)	Article	parenting, lifestyle
Positive Parenting Tips: Young Teens (12-14YO)	Article	parenting, lifestyle
Positive Reinforcement and Support	Article	social support, lifestyle
Positive Thinking	Video	stress, wellness
Positive Thinking for Weight Control	Video	healthy weight
Postpartum care: Getting rest and support	Article	welcoming baby, lifestyle
Postpartum care: Making healthy food choices	Article	welcoming baby, lifestyle
Postpartum checkup: Overview	Article	Lifestyle, welcoming baby
Practicing mindfulness-based stress reduction (MBSR)	Article	stress, wellness

Prediabetes: Healthy Changes You Can Make	Video	chronic conditions, general health
Prediabetes: Which Path Will You Take?	Video	Chronic conditions, general health
Pregnancy: Signs of Preterm Labor	Video	welcoming baby, lifestyle
Pregnancy: What should you know about postpartum depression?	Article	Lifestyle, welcoming baby
Pregnancy: Your First Weeks	Video	Lifestyle, welcoming baby
Pregnant? Don't Overlook Blood Clots	Article	checkups, general health
Prescription Medicine Misuse: Could You Have a Problem?	Video	general health, medications
Prescription Medicine Misuse: Getting Back on Track	Video	substance use management, general health
Prescription Medicine Misuse: Setting Goals for Quitting	Video	substance use management, general health
Prescription Medicine Misuse: Support for Recovery	Video	substance use management, general health
Prescription Medicine Misuse: Treatment Options	Video	substance use management, general health
Preventing Blood Clots in Leg Veins	Video	Exercise, safety
Preventing Coronary Artery Disease	Video	chronic conditions, general health
Preventing Coronary Artery Disease in Women: First Steps	Video	Chronic conditions, general health
Preventing Falls: Make Your Home Safe	Video	Chronic conditions, regular check ups
Preventing Falls: Medicine Safety	Video	Chronic conditions, regular check ups
Preventing Falls: Two Good Exercises	Video	Chronic conditions, regular check ups
Preventing heart failure	Article	Chronic conditions, general health
Problem-Solving and Motivation Article self-reflection, wellness Progressive Muscle Relaxation	Article	stress, wellness
Proper Breathing	Article	safety, exercise
PTSD: Having a Plan	Video	chronic conditions, general health
PTSD: Treatment Options	Video	Chronic conditions, general health
Quitting Smoking: Dealing With a Slip-Up	Video	General health, substance use management
Quitting Smoking: Have Your Own Reason	Video	substance use management, general health
Quitting Smoking: It May Take Many Tries	Video	substance use management, general health
Quitting Smoking: Medicines Increase Success Rates	Video	substance use management, general health
Quitting Smoking: Medicines to Help With Cravings	Video	substance use management, general health
Quitting Smoking: The Rewards Start Now	Video	General health, substance use management
Rating of Perceived Exertion	Article	safety, exercise
Reading a Food Label	Video	healthy eating, nutrition
Reasons to Power Nap	Article	sleep, general health
Rebound Headaches	Video	medications, general health
Redo Your Coffee Shop Stop	Article	nutrition, healthy eating
Regulation: Action Plan	Article	wellness, self-efficacy
Regulation: Incentives	Article	wellness, self-efficacy
Regulation: Wellness Target	Article	wellness, self-reflection
Relaxation Exercise: Deep Breathing	Video	stress, wellness

Relaxation Exercise: Guided Imagery	Video	stress, wellness
Relaxing your mind to relieve stress	Article	stress, wellness
Reminders: How to Apply SMART Goals for Motivation	Article	wellness, self-efficacy
Reminders: Ways to Remember SMARTER Goals	Article	wellness, self-efficacy
Respect in the Workplace	Article	job growth, lifestyle
RICE: Rest, Ice, Compression, Elevation	Video	safety, exercise
Roasted Chickpeas	Article	recipes, healthy eating
Sauteed Swiss Chard with Garlic & Lemon	Article	recipes, healthy eating
Saving Money on Medicine	Video	medications, general health
Savory Spiced Cauliflower	Article	recipes, healthy eating
Seasonal Produce Guide	Article	nutrition, healthy eating
Seated Exercises for Older Adults	Video	exercise
See Yourself as a Nonsmoker	Video	substance use management, general health
Self-Care \Day Off\ Checklist	Article	self-reflection, wellness
Self-Care: 15 Ways to Practice	Article	self-reflection, wellness
Self-Efficacy: Confidence	Article	self-efficacy, wellness
Self-Efficacy: Finding Your Voice	Article	self-efficacy, wellness
Self-Efficacy: Organizing a Busy Morning	Article	self-efficacy, wellness
Self-Efficacy: Time Management	Article	self-efficacy, wellness
Self-Reflection Exercise	Article	self-reflection, wellness
Self-Reflection for Alcohol	Article	substance use management, general health
Self-Reflection for Tobacco	Article	substance use management, general health
Self-Reflection: Barriers Exercise	Article	self-reflection, wellness
Self-Reflection: Chronic Conditions	Article	chronic conditions, general health
Self-Reflection: Chronic Disease Fact Sheet	Article	chronic condition, general health
Self-Reflection: Cognitive Distortions Exercise	Article	self-reflection, wellness
Self-Reflection: Get Active	Article	self-reflection, wellness
Self-Reflection: Healthy Weight	Article	healthy weight
Self-Reflection: Pros and Cons Exercise	Article	self-reflection, wellness
Self-Reflection: SMART Goals Exercise	Article	self-reflection, wellness
Self-Reflection: Social Support	Article	social support, lifestyle
Self-Reflection: Strengths	Article	self-reflection, wellness
Self-Reflection: Stress Management	Article	stress, wellness
Self-Reflection: Values Exercise	Article	self-reflection, wellness
Self-Reflection: Wellness Vision	Article	self-reflection, wellness
Serving Size Chart	Article	nutrition, healthy eating
Serving Sizes and Breakfast	Article	nutrition, healthy eating
Seven Attitudes of Mindfulness	Article	stress, wellness
Should you diet to lose weight?	Article	healthy weight

Shoulder and Arm Exercises After Breast Surgery	Video	Chronic conditions, regular check ups
Sleep Apnea: Having Trouble with CPAP?	Video	sleep, general health
Sleep Apnea: Time to Get Checked	Video	sleep, general health
Sleep Apnea: Using CPAP	Video	sleep, general health
Sleep Apnea: What Is It?	Video	sleep, general health
Sleep Importance	Video	sleep, general health
Sleep Problems: Getting Past Barriers to Powering Down	Video	sleep, general health
Sleeping Better	Video	sleep, general health
Smart Shopping for Veggies and Fruits	Article	nutrition, healthy eating
Smoker's Cough: What Do You Tell Yourself?	Video	Substance use management
Snack Ideas -- Do It Yourself	Article	nutrition, healthy eating
Spinal Stenosis: Home Treatment and Physical Therapy	Video	Chronic conditions, general health
Spring Break Travel	Article	checkups, general health
Starting a weight loss plan: Overview	Article	healthy weight
Statins Are Important After a Heart Attack	Video	medications, general health
Statins: Overcoming Barriers to Taking Them	Video	medications, general health
Staying on your healthy-eating plan during the holidays	Article	healthy weight
Staying Well-Hydrated	Article	hydration, healthy eating
Stimulating Mental Activity for Brain Health	Article	brain health, wellness
Stories From People Controlling Their Asthma	Video	chronic conditions, general health
Stories From People Recovering From Depression	Video	brain health, wellness
Stories From People With New Depression	Video	brain health, wellness
Stories From People With Recurring Depression	Video	brain health, wellness
Stress and Coping: Mindfulness Can Help	Video	stress, wellness
Stress Management Techniques	Article	stress, wellness
Stress Management: Practicing Yoga to Relax	Video	stress, wellness
Stress Management: Progressive Muscle Relaxation	Video	stress, wellness
Stress Management: Relaxing Your Muscles	Video	stress, wellness
Stress Management: Roll Breathing	Video	stress, wellness
Stress Problems: Getting Past Barriers to Powering Down	Video	stress, wellness
Stroke: Causes and Risk Factors	Article	chronic conditions, general health
Stroke Prevention: Should You Have a Carotid Artery Procedure?	Video	chronic conditions, general health
Stroke: What's Your Risk?	Video	Chronic conditions, general health
Substance Use Disorder: Treatment Options	Video	regular checkups, medications, substance use management
Taking Blood Pressure at Home	Video	chronic conditions, general health
Taking Medicine to Stop a Migraine	Video	medications, general health
Taking Prescribed Medications	Article	medications, general health
Teens and Healthy Eating: What Gets in Your Way?	Video	parenting, lifestyle

Teens: Overweight? You're in Charge	Video	parenting, lifestyle
The Effects of High Blood Pressure	Video	Chronic conditions, general health
The Pain-Mood Connection	Video	stress, wellness
The True Dollar Cost of the Anti-Vaccine Movement	Article	checkups, general health
Thyroid Blood Test: Understanding the Test	Video	Regular checkups, general health
Thyroid Scan: Understanding the Test	Video	Regular checkups, general health
Tips for Finding a Therapist	Video	wellness, self-reflection
Tips for Lifelong Success Article self-reflection, wellness	Article	self-reflection, wellness
Tips for Loved Ones and Self-Care	Article	chronic conditions, general health
Tobacco: Managing Cravings	Article	substance use management, general health
Tobacco: Relapse	Article	substance use management, general health
Tobacco: Support Systems	Article	general health, substance use management
Tobacco: Tips for Slips	Article	general health, substance use management
Tracking your food and activity to help manage your weight	Article	healthy weight
Trimester	Article	Chronic conditions, general health
Tubes for Ear Infections	Video	Chronic conditions, regular check ups
Two-Bean Salad with Basil & Lemon	Article	recipes, healthy eating
Types of Muscle Contraction	Article	workouts, exercise
Unusual Fruits and Vegetables	Article	nutrition, healthy eating
Urine Test: Understanding the Test	Video	Regular checkups, general health
Using a Dry Powder Inhaler	Video	medications, general health
Using a Metered-Dose Inhaler With a Mask Spacer	Video	medications, general health
Using a Metered-Dose Inhaler Without a Spacer	Video	medications, general health
Using a Walker	Video	Chronic conditions, regular check ups
Using an Inhaler and Spacer	Video	medications, general health
Using Crutches	Video	Chronic conditions, regular check ups
Using Oxygen: Tips for Cannula and Skin Care	Video	Medications, general health
Using Self-Reflection Skills	Article	self-reflection, wellness
Vary Your Protein Routine	Article	cooking, healthy eating
VBAC or C-Section: What Birth Experience Feels Right for You?	Video	Lifestyle, welcoming baby
VBAC: Why Alex Chose a Vaginal Birth	Video	Lifestyle, welcoming baby
VBAC: Why Rachel Chose a Cesarean Birth	Video	Lifestyle, welcoming baby
Vertigo: Head Movements That Help	Video	chronic conditions, general health
Vision Problems: Aids to Help You Cope	Video	Chronic conditions, general health
Warfarin: 5 Things You Can Do to Take It Safely	Video	medications, general health
Warfarin: Keeping Vitamin K in Balance	Video	Medications, general health
Warm Up and Cool Down	Article	safety, exercise
Weight Loss Plateaus	Article	chronic conditions, general health

Wellness: How to find your mind-body connection	Article	stress, wellness
What are mindfulness and stress?	Article	stress, wellness
What Are Opioids?	Video	regular checkups, medications, substance use management
What are some strategies for losing weight?	Article	healthy weight
What are the benefits of being at a healthy weight?	Article	healthy weight
What are the symptoms of asthma?	Article	Chronic conditions, general health
What are the symptoms of diabetic retinopathy?	Article	checkups
What can you do when your weight loss slows or stops?	Article	healthy weight
What causes an asthma attack	Article	Chronic conditions, general health
What causes postpartum depression?	Article	Lifestyle, welcoming baby
What is a healthy weight?	Article	healthy weight
What Is a Hospital Patient Advocate?	Video	checkups, general health
What is a Medicare yearly wellness visit?	Article	checkups
What is a Medicare yearly wellness visit?	Article	checkups, chronic conditions
What is mindful meditation?	Article	stress, wellness
What Is Mindfulness?	Video	self-reflection, wellness
What is mindfulness-based stress reduction (MBSR)??	Article	stress, wellness
What is the mind-body connection?	Article	stress, wellness
What Platelets Do	Video	Chronic conditions, regular check ups
What Will Move You?	Video	exercise, workouts
When You're Not Sleeping Well	Video	sleep, general health
Why Are Blood Tests Needed With Some Medicines?	Video	medications, general health
Why Are Blood Tests Needed With Some Medicines?	Video	medications, general health
Work Across Cultures	Article	job growth, lifestyle
Working with your asthma doctor	Article	Chronic conditions, general health
Your Guide to Lowering Your Blood Pressure with DASH	Article	chronic conditions, general health