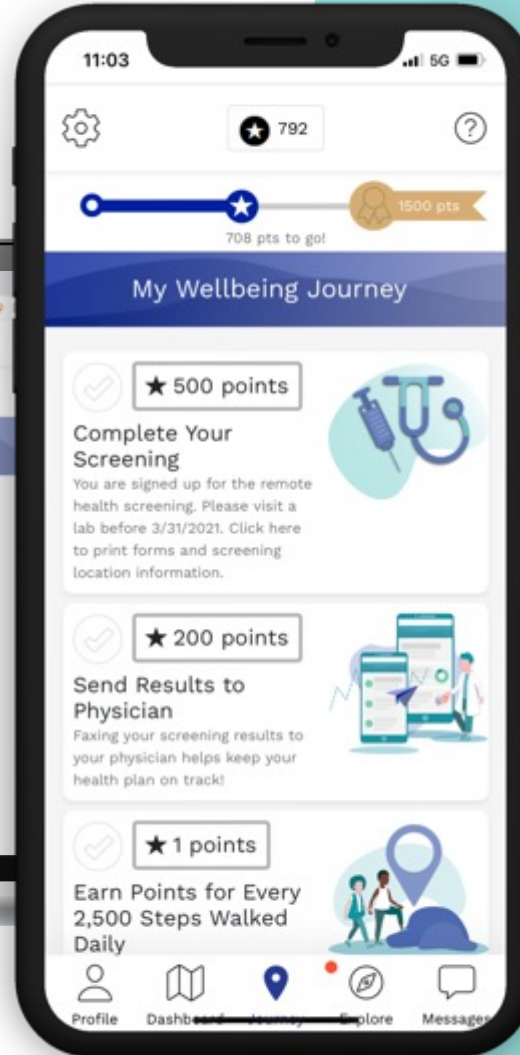
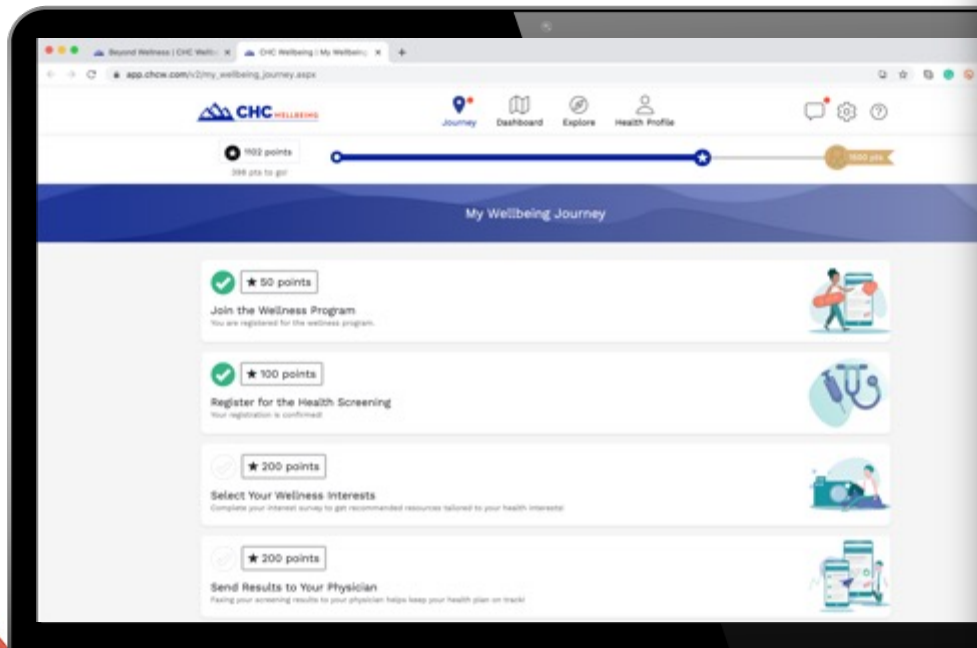


# Wellbeing Program

# Member Portal



Log in to your CHC portal  
Access personalized resources on  
your journey page

# Tracking

## Activity

Choose from hundreds of activities to track your progress, watch your trends and stay active.

+

## Nutrition

Follow your eating habits to track your daily calorie, carb, fats, and sugar intake so you can adjust as needed.

+

## Hydration

Stay hydrated and push yourself to reach your daily goal.

+

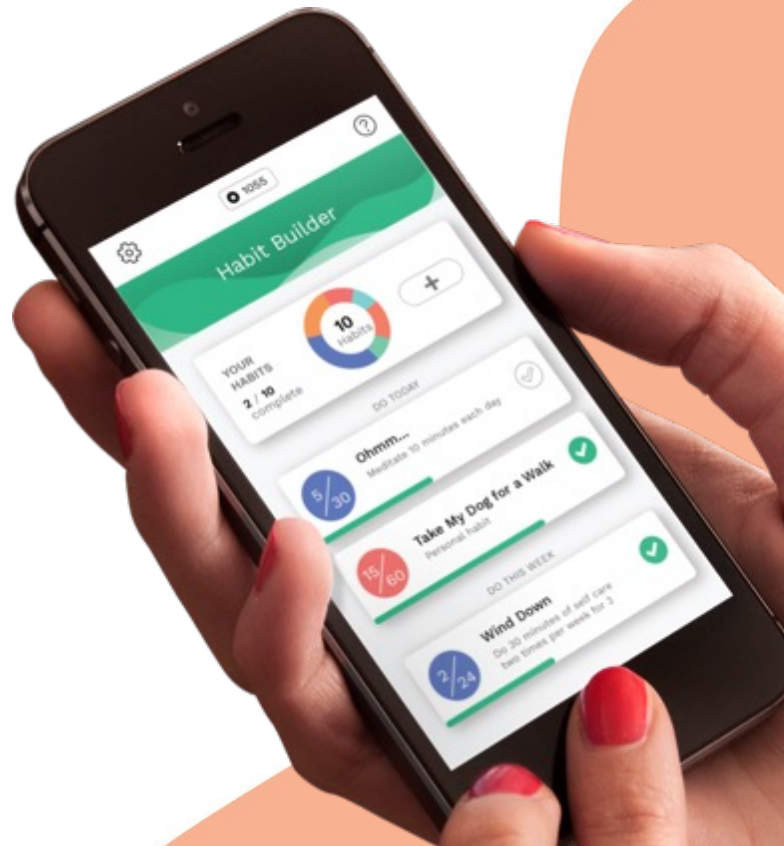
## Sleep

Monitor your sleeping habits to be sure you are getting a good night's rest.

+

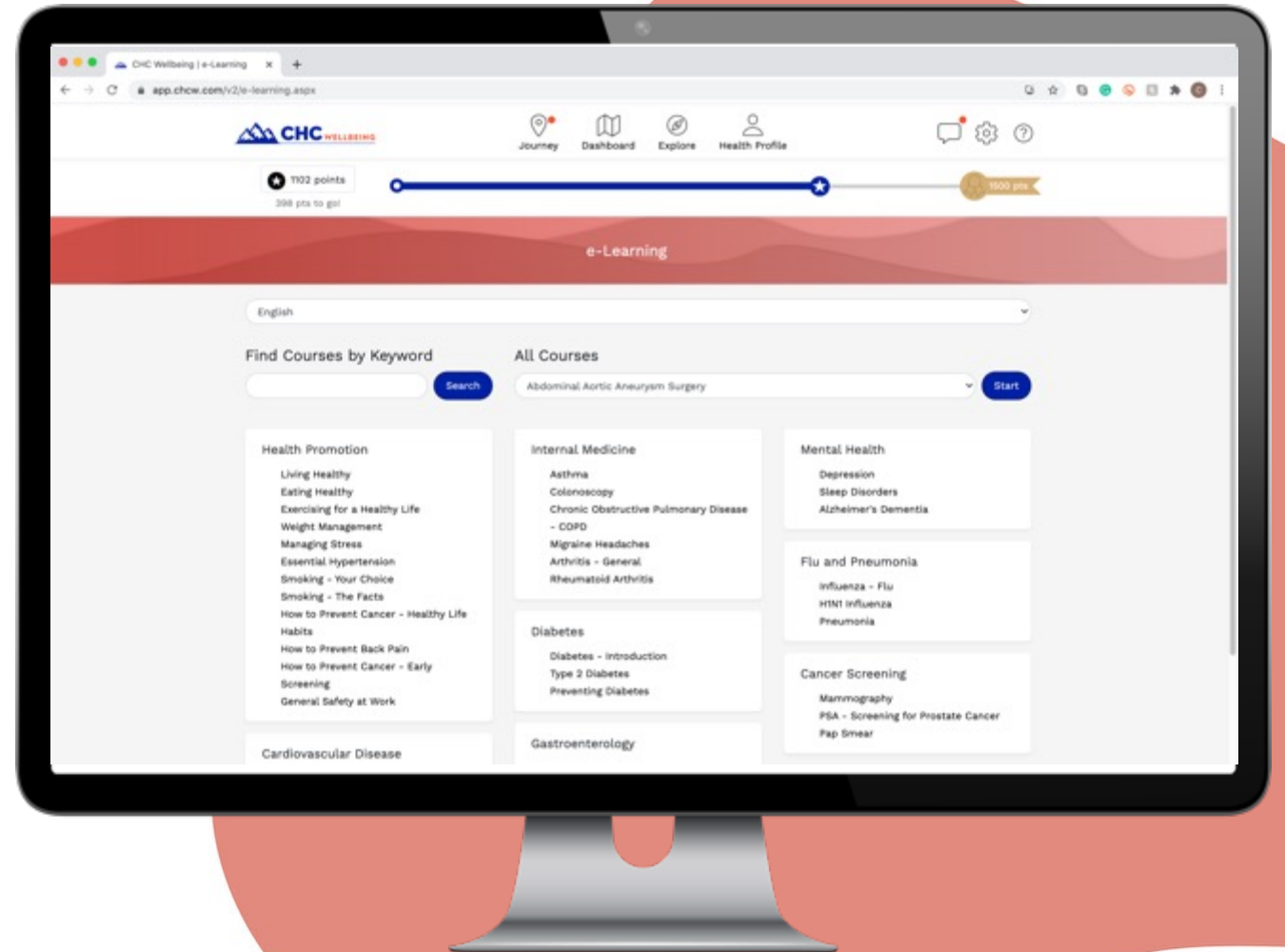
# Habit Builder

Create your own habit, or select one from our suggested habit library, and get notifications to complete your tasks. Our habit library includes topics such as Rest & De-Stress, Productivity and Lifestyle, Physical Activity, Social Health & Relationships, Nutrition & Diet, and Financial Health.



# eLearning

Our eLearning library allows you to learn at your own pace and choose from over 700 topics including: cancer screening, diabetes, heart health, mental health and so much more.



# Health Coaching

With our health coaching services, you can engage with a coach via email or phone and work on topics including exercise programs, tobacco reduction, nutrition planning, stress management and much more. There are also self-guided programs dedicated to weight management and tobacco cessation.

Weight management

Nutrition planning

Exercise programs

Stress management

Sleep improvement

Cholesterol management

Diabetes control

Blood pressure reduction

Tobacco coaching



## Smoking Cessation

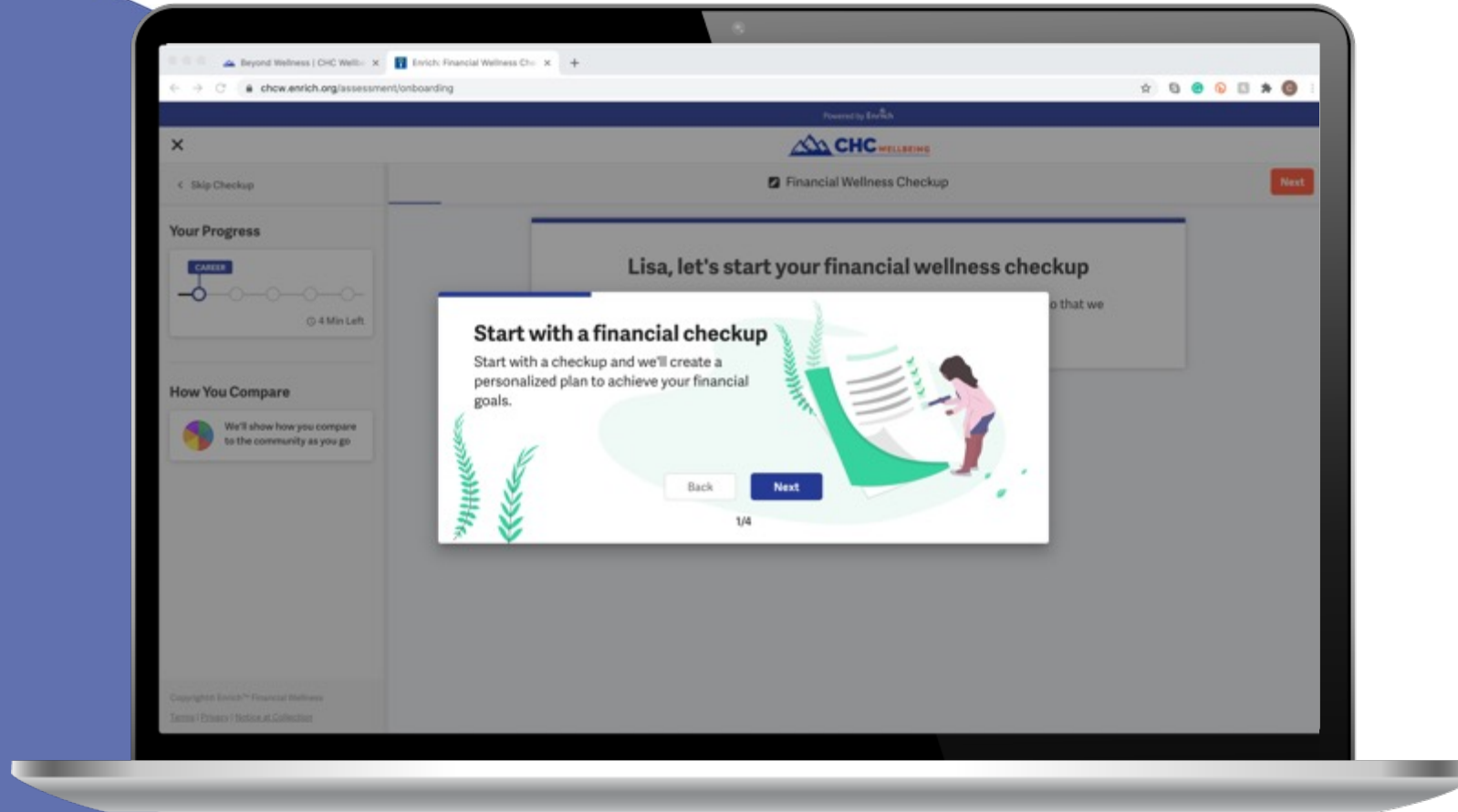
- Self-guided
- Receive weekly email assignments
  - Learn to deal with cravings & identify triggers
  - Deal with setbacks
  - Create a plan & find support
- May be paired with health coach



## Weight Management

- Self-guided
- Receive action plans weekly
  - Creates a foundation for healthy eating
  - Helps to increase activity levels
- Can be paired with a health coach

# Financial Wellness



Personalized content covering all your must-knows about money, including:

*Spending/Budgeting*

*Managing Debt*

*Retirement*

*Investing*

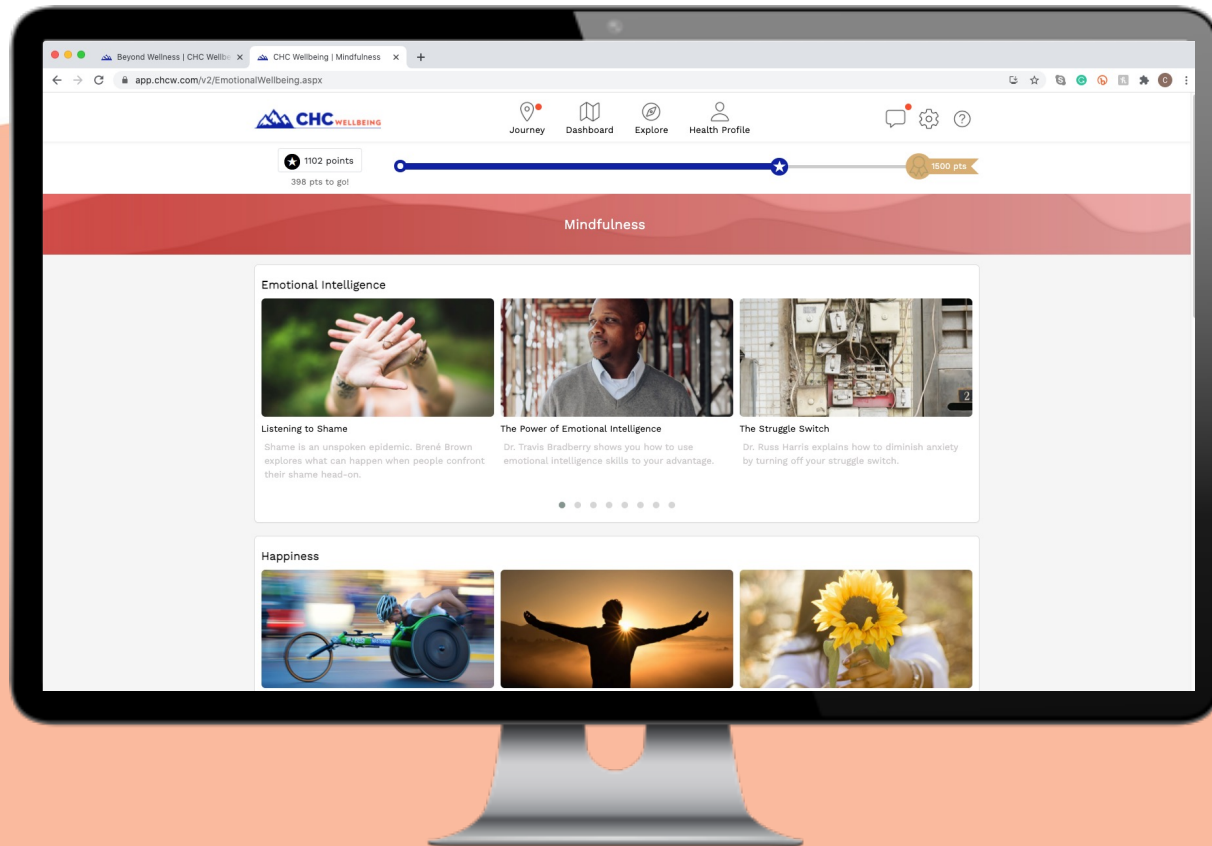
*Credit Cards*

*Student Loans*

*Home & Real Estate*

*Saving for Goals*

# Mindfulness



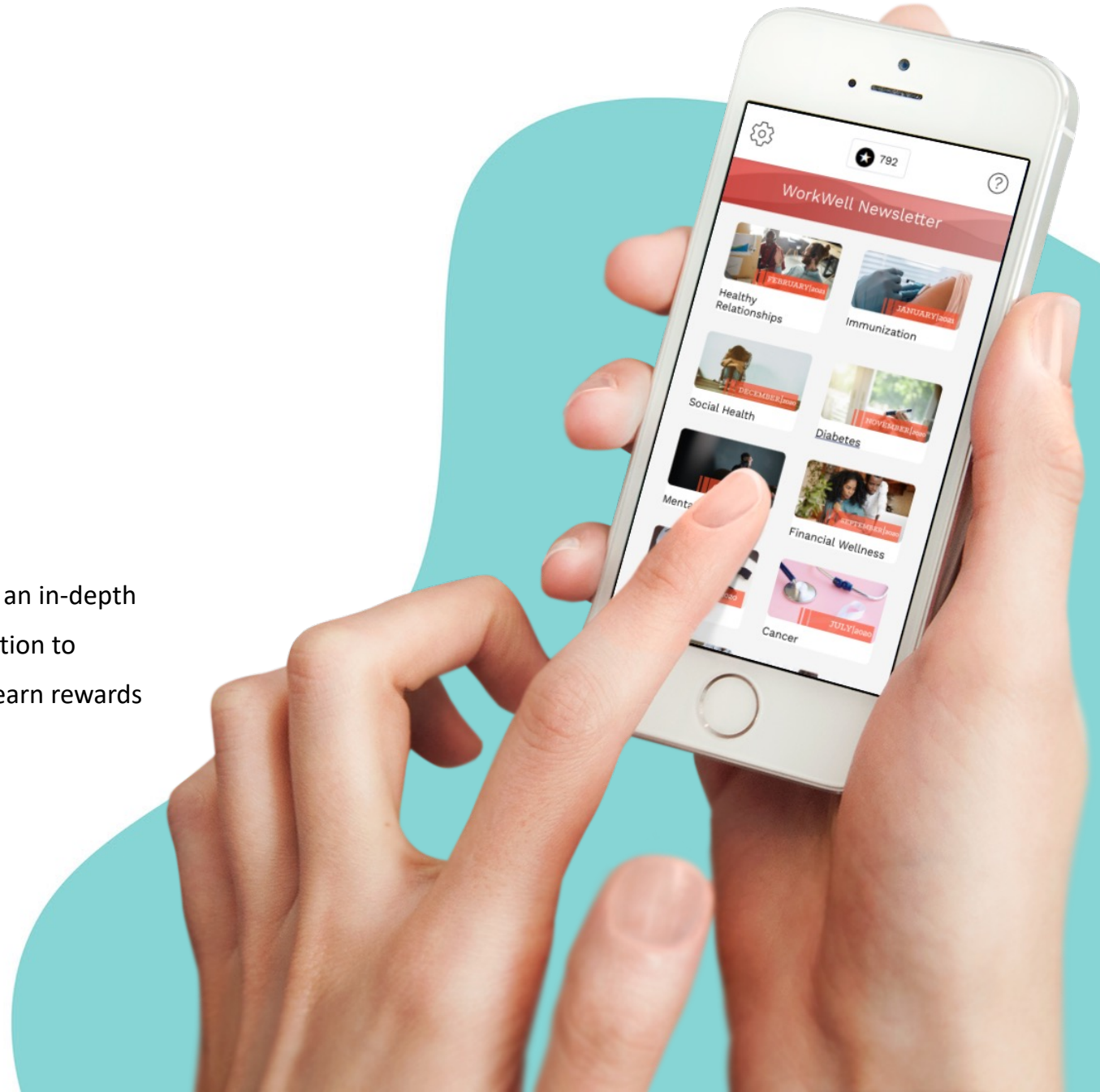
Engage with our mindfulness library and learn from leading experts about topics including emotional intelligence, happiness, healing, mindful living, and productivity. Answer a quiz question to earn rewards points.

# WorkWELL Series

Our WorkWELL series allows for continual engagement with both newsletters and webinars.

**Newsletters** are emailed and posted to the portal monthly and include a wide variety of topics covering physical, social, mental, and financial health.

**Webinars** are available on the portal and offer an in-depth discussion to an array of topics from inflammation to tobacco cessation. Answer a quiz question to earn rewards points.



# Thank you!



Scan QR Code to go  
to the website