

Ongoing Condition CARE

## Put your healthy plans into action.

It doesn't matter how healthy you are. Anyone can benefit from focusing on making healthy choices.



(Fictionalized data)



Work through a personalized lesson to achieve your goals.

We all could use some direction for reaching our personal health goals. If you're ready to quit smoking, get more active or eat better to lose weight and feel your best, there's free resources waiting for you at **umr.com**.

Our online health center includes interactive action plans to guide you in building healthy habits. Sign in whenever you're ready to make a change and use the self-service tools to stay on track.

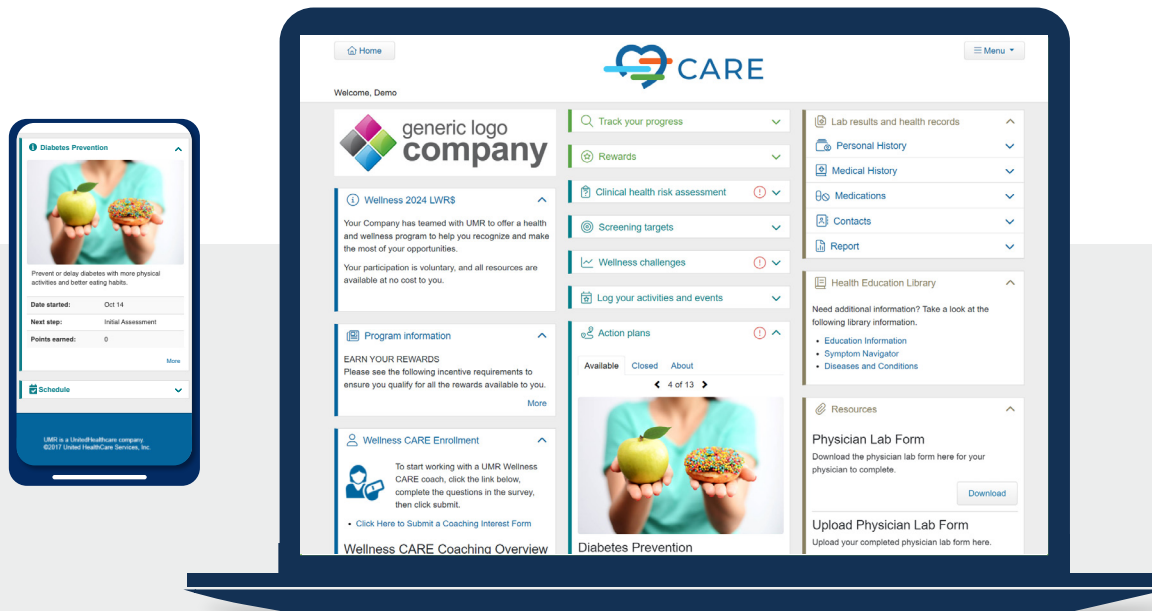
### Simply choose the action plan that matches your health needs and interests:

- Healthy eating
- Weight management
- Quit smoking
- Physical activity
- Stress management
- Diabetes prevention
- Diabetes management
- Heart disease prevention
- Heart disease management
- Depression
- Risky drinking
- Financial wellness
- Back care

## How to complete an action plan

Sign in to **umr.com** and select **Wellness activity center** from the **Health center** drop-down menu to get started.

Under the **Action plans** section, you can select **Enroll** to begin one of the plans displayed. If it's your first time working with Action plans, select **Action plans** and then **Get started**. Follow the prompts to set everything up.



(Fictionalized data)

## Complete the steps in the action plan

- 1 Set up your profile:** Start by profiling your current behaviors and readiness to make changes.
- 2 Make a plan:** Select the goals you want to work on and the barriers that might block your progress.
- 3 Take action:** Work through a personalized lesson that helps you overcome your barriers and achieve your goals.
- 4 Measure your progress:** See how far you have come and what more you might do.
- 5 Stay on track:** You will receive reminder messages when it is time to complete the next step in your action plan. You may complete one step per week.



### NOTIFICATIONS

An "!" alert notification will appear when your next step is available to complete.



### CHOICES

Select from the list of available action plans and choose the ones that fit your needs.



### ENROLL

You can select **Enroll** to begin one of the plans displayed.