ENCOURAGE A CULTURE OF HEALTH IN YOUR ORGANIZATION

If your organization is like most, you’re always on the lookout for ways to improve employee productivity. A healthier employee base is one way to accomplish that goal.

Studies show that increasing the health of your workforce increases productivity while decreasing absenteeism and healthcare costs.

We can’t make your employees become healthy, but together we can make it easier for them to lead healthy lifestyles with MyHealthCenter, an online wellness program that helps your employees:

- Create personalized, achievable lifestyle plans, whether their goals are to get into marathon condition or just get off the couch
- Execute their plans and track success

Most people want to live healthier lives; they just don’t know where to begin and how to maintain momentum. MyHealthCenter puts employees on a path to optimal health.
INDIVIDUALIZED PLANS LEAD TO LASTING CHANGE

No two people are the same, right? That’s why it makes sense to have a program that treats each person like an individual.

Participation in MyHealthCenter begins with a comprehensive Well-Being Assessment, which results in a personalized plan, tailored to the individual’s lifestyles and wellness goals. No one has to wonder about how to begin or what to do next…it’s all outlined in the plan.

Each plan contains nine focus areas in which participants can:

- Access articles, videos and downloads that relate to their goals
- Create personalized checklists
- Set up reminders to keep moving toward goals
- Track their progress

FOCUS AREAS

**Healthy Eating**
Provides tips on sticking to a healthy eating plan
Gives participants information on food safety

**Weight Management**
Tracks weight progress and goals
Can also track food and exercise, if desired

**Exercise and Fitness**
Provides tips on improving physical activity
Accommodates people of all skill levels
Shows how to create a workout space at home

**Stress Management**
Tips for reducing stress at work and home
Reduce stress with time management techniques
Instills a positive sense of life balance

**Depression Prevention**
Outlines healthy lifestyle habits that can help depression
Gives relevant facts about mental health

**Tobacco Cessation**
Provides strategies on how to quit
Gives hints on how to fight cravings

**Self-Care**
Gives ideas on how to improve overall health

**Medication Adherence**
Offers suggestions on sticking to prescriptions
Offers information on how medicine works
Teaches how to manage side effects

**Appointment Adherence**
Track your appointments
Receive appointment reminders

ENCOURAGE EMPLOYEES TO GET STARTED TODAY!

Direct employees to:

1. Go to MyHealthCenterWY.com
2. Click on “Log In to MyHealthCenter”
3. Register, create their username and password and accept the Authorization for Release of Information
4. Complete their annual Well-Being Assessment
5. Come back on a regular basis to implement their plan for healthy living