E-learning series topics

Self-study programs designed to educate, inform, and inspire behavioral change including educational videos and quizzes.

**HEALTHY LIVING WITH A CHRONIC CONDITION**
Learn what it takes to be a positive self-manager of your chronic condition. You’ll acquire knowledge and skills in healthy eating, physical activity, weight management, how to communicate with your healthcare team, how to find resources, and how to plan for the future.

**LIVING WELL WITH DIABETES**
Receive education on nutrition, exercise, the importance of mental health and support, following their doctor’s care plan, and staying on track with tests, exams, and immunizations that will help them live a healthy and fulfilling life with diabetes.

**THE MEANING BEHIND YOUR BIOMETRICS**
We will discuss the basics of a biometric screening, how to prepare, and what to do with your results. We will also dive into what each of these values mean, how it impacts your overall health, and what you can do to make a positive change.

**HEALTHY MOM, HEALTHY BABY**
Learn about proper prenatal care and lifestyle factors, such as nutrition, exercise, and sleep. Additionally, we will talk about common pregnancy discomforts, how to prepare to bring your baby home, and tips, tricks, and strategies for successfully returning to work.

**NUTRITION FOR HEALTHY LIVING**
Learn everyday tips, tricks, and strategies for making healthy eating a part of your everyday life. We will talk about building balanced meals, meal preparation, meal planning, reading the food label, and culinary strategies for healthy eating.

**SLEEP AND YOUR HEALTH**
Sleep affects our physical and mental health. By practicing good sleep habits and a relaxing bedtime routine, we can increase the quality and quantity of our sleep helping us to feel better overall. We will address a variety of strategies and lifestyle behaviors to assist us in getting restful nights of sleep on a regular basis.

**ERGONOMICS**
We will focus on why ergonomics is important, the benefits of proper ergonomics, signs and symptoms related to ergonomic injuries, and how you can set up your work space to be safe and comfortable all day long.

**PHYSICAL ACTIVITY**
We will review the different components of fitness and how they will benefit your health and well-being. In addition, you will learn how to choose the correct equipment, use technology to track your progress, and set a specific plan to reach your goals.

**WEIGHT MANAGEMENT**
This series encourages employees to reevaluate the way they look at their weight, the scale, and gives them the foundation to begin making healthier choices.

**HEART HEALTH**
Gain a better understanding of what heart disease is and how to recognize the warning signs. We will review in detail what biometric numbers are and why these are important for you to know. Dive into the fascinating world of heart health by gaining knowledge to impact modifiable risk factors such as diet, exercise, weight, and stress. Explore how a heart healthy lifestyle can be the secret weapon to reducing the risk of heart disease.

**STRESS MANAGEMENT**
The goal of this program is to learn strategies to recognize, reduce and relax when dealing with situations beyond our control. We will then look at several relaxation techniques available to balance out the inevitable stress we all feel from time to time.

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**Worksite Wellness**

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