

HealthChoice Wellness:

# Choose a healthier you!



Your HealthChoice Wellness Program will give you the most up-to-date ideas and opportunities to help you achieve your personal health and well-being goals.

Drawing upon years of health and wellness education experience, your dedicated Wellness Coordinator will offer you opportunities to improve your fitness, eat healthier, manage stress and anxiety, enjoy mindfulness, and sleep better. Make the choice today to put yourself on the path to a healthier life.



## Monthly interactive

- Health and wellness challenges.
- Educational presentations.

Learn how to get moving in the right direction to avoid long-term problems.



## Clinical Health Risk Assessment (CHRA)

Filling out an online CHRA will help you see how healthy you are and what areas you can improve.



## One Pass Select

Get access to our nationwide gym network and thousands of online fitness classes to help meet your health goals.



## Online resources

Visit **HealthChoiceOK.com** to connect to wellness tools and guidelines to help support and boost your health and well-being.

**Choose a plan that pays you back with knowledge and education to ensure you live your best life!**

HealthChoice is partnering with CARE to provide eligible plan participants interactive challenges and activities each quarter.

## Q1 January–March

### Mindful challenges open year round:

- Better Bites.
- Eat Well.
- Sleep Smart.
- Relax and Revive.

### Red Dirt Ramble

### Health education video events:

- Wellness by Design, Building a Healthier Daily Routine.
- Know your numbers, know your future!

## Q3 July–September

### Step up, Oklahoma!

### Health education video events:

- Hydration nation.
- Gut feelings: Why digestive health matters.

## Q2 April–June

### Stride Across the Sooner State

### Health education video events:

- Protect the pump! Building a healthy heart.
- Decoding your plate.

## Q4 October–November

### Get your steps across Route 66.

### Health education video events:

- Recharge: The Power of Sleep.
- Prediabetes: What you don't know can hurt you!



To enroll in online challenges or educational Action Plans, log in to **HealthChoiceOK.com**. From there, choose **CARE Health Center** from the **blue navigation bar** and then select **Wellness activity center**. If you have any questions, feel free to call the Wellness CARE program at **800-323-4314**.