



**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.



## Virtual Lunch and Learn Sessions

Grab your lunch and learn about popular health and wellness topics.



## 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 monthly.

## OPEN NOW!

**Run For Your Life Challenge** - Quarterly run/walk challenge

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**Ride Route 66 Challenge** - Virtual bike riding challenge through Oklahoma

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**Action Plans** - Educational Action Plans available to you online. Action Plans can help with weight management, tobacco cessation, diabetes prevention, heart disease prevention, stress reduction and improving your eating and exercise habits

## OCTOBER - DECEMBER

**There's No Place Like Home Challenge** - Walking/Step challenge visiting 10-12 landmarks across Oklahoma

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**Trot Off Your Turkey Challenge** - Walking challenge to keep you moving between Thanksgiving and Christmas

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**The 12 Days of Christmas Workout** - Take time out of your holiday festivities and complete this fun workout with your friends or family from the comfort of your home



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

HealthChoice

