

### *Star Tribune Wellness Program Options*

Following is a list of the 2019 Star Tribune wellness program options offered through HealthPartners. You must complete one of the programs by September 30, 2019.

**Participate in a HealthPartners Online Program.** These programs take approximately eight weeks to complete. Topics include:

- ❖ 10,000 Steps (Activity Program) - Get stepping with the 10,000 Steps program that includes a pedometer, motivation e-mails, articles and a step conversion calculator to add activities like biking or swimming to your daily step total.
- ❖ Stress Management (eProgram) - This course help you identify your personal stressor and learn coping skills. It includes interactive tutorials with tips to manage time, a private journal, relaxation techniques, recipes and motivation e-mails.
- ❖ Sleep Tracker: Feel better by improving the quality of your sleep
- ❖ Quit Tobacco: Track your progress, cut down on tobacco use and quit for good
- ❖ Weight Management

**Participate in a HealthPartners Health Coaching by Phone Program.** Talk with a health expert over the course of three to five phone calls scheduled at your convenience. These phone-based programs take approximately six to twelve weeks to complete. Topics include:

- Back Health
- Blood Pressure Management
- Stress Management
- Tobacco Cessation
- Weight Management
- Healthy Eating
- Physical Activity
- Cholesterol Management
- Family Well-Being
- Sleep

### **Track Your Health Club Exercise with the Action Tracker**

Exercise for 30 minutes for at least 12 days per month for three consecutive months and track it with the Action Tracker. You will need to provide HealthPartners with proof of health club membership to enroll. Note that most exercising done at a health club can be tracked through the HealthPartners 10,000 Steps Program using the Step Conversion Chart and proof of club membership is not required! For more information or to receive an Action Tracker form, log onto [Healthpartners.com/StarTribune](http://Healthpartners.com/StarTribune) or:

**Contact HealthPartners Health Promotion at 952-883-7800 or 1-800-311-1052.**