

Plot a course to healthy change

Online action plans point the way to a better YOU

Are you thinking about making a lifestyle change but don't know how or where to start? Want help that is convenient and easy to use? **umr.com** offers a great resource with just a few mouse clicks, and there's no cost to you.

UMR's online Health center includes action plans that help you make behavior changes and healthy lifestyle choices. The interactive sessions offer plans for a variety of lifestyle behaviors, so you choose the one that best fits your health needs and interests.

- ✓ Healthy eating
- ✓ Weight management
- ✓ Quit smoking
- ✓ Physical activity
- ✓ Stress management
- ✓ Diabetes prevention
- ✓ Diabetes management
- ✓ Heart disease prevention
- ✓ Depression
- ✓ Risky drinking
- ✓ Financial wellness



A UnitedHealthcare Company

Action plans offer the tools, tips and support you need to make a healthy lifestyle change.

How it works:

Get started: Start the action plan by profiling your current behaviors and readiness to make changes.

Make a plan: Then select the goals you want to work on and the barriers that might block your progress.

Take action: Work through a personalized lesson that helps you overcome your barriers and achieve your goals.

Measure your progress: At the end of the plan, see how far you have come and what more you might do.

You will receive a reminder in your list of “Things to Do” when it is time to complete the next step in your action plan.

Here’s how to get started.

Step 1:

Log in to your member account on **umr.com**.

If it’s your first time using the site, click **New user? Register here** and follow the steps to open an account.

Next, select **Health center** from the myMenu and click the **Start a health action plan** icon. Click the **Get started!** button and then choose **Enroll in action plan** from your Things To Do list on the right-hand side of the page.

Step 2:

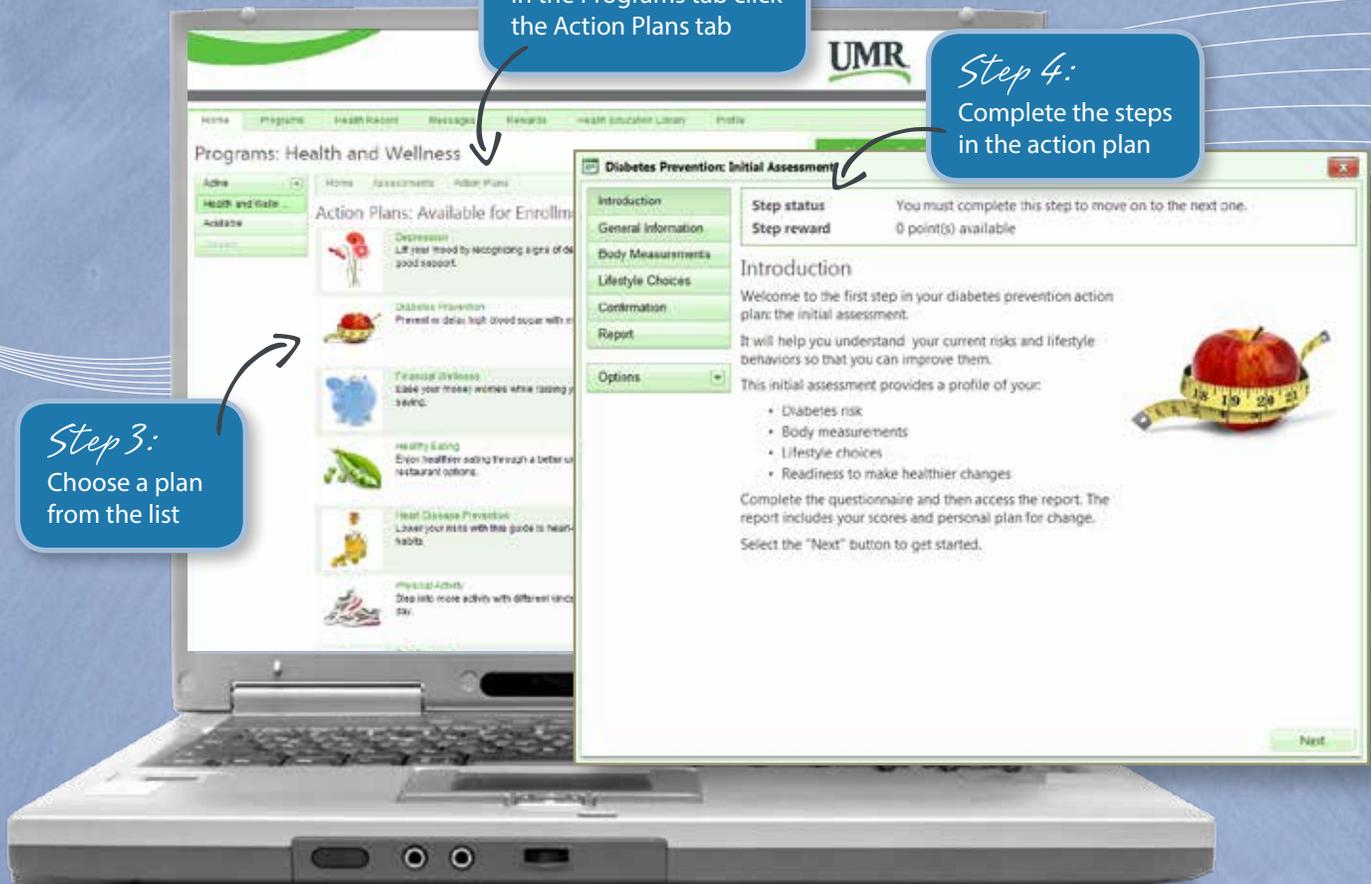
In the Programs tab click the Action Plans tab

Step 4:

Complete the steps in the action plan

Step 3:

Choose a plan from the list



If you have a question or need assistance, please give us a call at 800-207-7680.