Let’s face it; good health is good for you. Now that you’ve completed your biometric health screening and taken the health assessment on your myHealthPartners account, you probably have a pretty good idea of what areas of your health may need some work. Could you stress less? Move more? Eat healthier snacks? Get started in a well-being activity to match your goals.

**Online programs**
Achieve better health by participating in an online program:
- **10,000 Steps® Program**: Get a pedometer, set a goal, track your steps and feel great
- **Sleep**: Feel better by improving the quality of your sleep
- **Stress**: Make lifestyle changes to stress less, find balance and live a happier, healthier life
- **Tobacco**: Track your progress as you cut down on your tobacco use and quit for good

**Virtual coaching**
Interact with an online, virtual health coach on your own time, when it’s convenient for you. Learn about:
- **Virtual stress coaching**: Get your life in balance by learning to bounce back faster
- **Virtual weight coaching**: Eat better, move more and manage your weight
- **Quit for Good**: Work with a virtual coach to take your mind off tobacco and quit for good

**Mobile app**
Improve your health on-the-go with our tracker app:
- **MePlus**: The app syncs automatically with your online programs so you can keep tabs on your steps, stress, sleep and tobacco use. You can even sync it with the 10,000 Steps® Program on your Fitbit.

To get started, log on to HealthPartners. Then click on the health assessment and well-being activities link.

**Health coaching**
Talk with a health coach to make meaningful lifestyle changes around: blood pressure, nutrition, weight management, sleep and family well-being.
To sign up for health coaching, contact HealthPartners at 952-883-7800 or 800-311-1052. Or log on to HealthPartners, click on the health assessment and well-being activities link, then select Health Coaching under available activities.

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