



## State of Minnesota employees — get on the path to better health!

Choose the path to a healthier lifestyle today with JourneyWell health and wellness programs — at no cost to you! Available online, these programs provide you with the tools and support you need to make permanent lifestyle changes. Topics include physical activity, stress management and weight management.

The JourneyWell online programs are convenient and engaging. Picture yourself healthy... for life! Good health starts here. Sign up today!

### Online Programs

Our suite of online programs includes:

#### **The JourneyWell 10,000 Steps® Program**

Get stepping with this 8-week program that includes a pedometer, motivational e-mails, articles and a step conversion calculator to add activities like biking or swimming to your daily step total. Choose from two versions: *Lose Weight* or *Feel Great*.

#### **The JourneyWell Stress eProgram**

If you are dealing with stress, this 8-week online program can help! Identify your personal stressors and learn coping skills. It includes interactive tutorials with tips to manage time, a private journal, relaxation techniques, recipes and motivational e-mails.

#### **The JourneyWell Weight eProgram**

Lose weight your own way! This 8-week online program provides you with the tools you need to stop dieting and start changing your lifestyle. It includes information on weight loss and related topics, motivational e-mails, a calorie calculator, recipes and trackers to record what you eat, your activity and your weight.

Log on to  
[www.journeywell.com/SEGIP](http://www.journeywell.com/SEGIP). Complete the health assessment, then choose from a menu of wellness programs. To enroll in a phone program, call:  
952-967-5128,  
1-866-977-5128, or  
1-877-222-2794 (TTY).