

Make *the* Moves *that* Matter

...to stay active



Cardio Tracker

One of the best ways to maintain or improve your health is to engage in physical activity each day. Recording your physical activity can boost your motivation, keep you on track, and allow you to see progress over time. With Cardio Tracker, you can track a variety of cardio workouts, including sports, fitness classes, and cardiovascular sessions.

Sample Cardio Activities:

- Cycling/biking
- Martial arts
- Sporting activities
- Running/jogging
- Dancing, and MORE!

Eligibility:

Employees and spouses enrolled in any State of Nebraska health plan (Wellness, Regular, High Deductible, and Consumer Focused) are eligible to participate in any wellnessoptions program.

Enroll

- Online by November 20, 2014

Criteria

- 60 qualifying workouts of 30 minutes or more per day logged online

Deadline

- Complete by March 31, 2015

For additional information regarding this and other wellnessoptions programs, visit www.wellnessoptions.nebraska.gov.



Note: Participation in wellnessoptions programming is to be done on personal time, and is in no way to be considered part of or arising out of employment for the purposes of workers' compensation or for any other purpose. Approved activities during work hours are allowed only for completing Open Enrollment, the Health Assessment and on-site Biometric Screening.

Make *that* **Moves** **Matter**

...with help to move beyond



EMPOWERED Coaching™: Condition Management

The EMPOWERED Coaching™: Condition Management program supports participants who have been diagnosed with certain health conditions. Participants work one on one with a health coach to better understand how to take care of their health, feel better and enjoy the best quality of life possible.

Eligible Conditions:

- Asthma
- Congestive Heart Failure
- Depression
- Diabetes
- Chronic Obstructive Pulmonary Disease (COPD)
- Coronary Artery Disease (CAD)
- Certain diagnoses of back and neck pain

Eligibility:

Employees and spouses enrolled in any State of Nebraska health plan (Wellness, Regular, High Deductible, Consumer Focused) and diagnosed with at least one eligible condition may participate in this program.

Enroll

- Call (866) 956-4285 by November 20, 2014

Criteria

- Complete 8 or more goals with your health coach

Deadline

- Complete by March 31, 2015

For additional information regarding this and other wellness options programs, visit

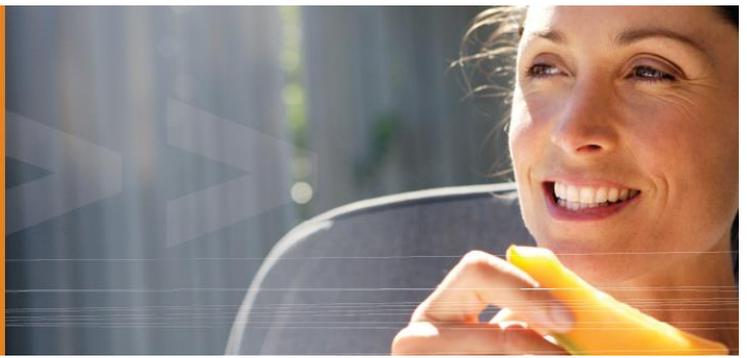
www.wellnessoptions.nebraska.gov.



Note: Participation in wellness options programs is to be done on personal time, and is in no way to be considered part of or arising out of employment for the purposes of workers' compensation or for any other purpose. Approved activities during work hours are allowed only for completing Open Enrollment, the Health Assessment and on-site Biometric Screening.

Make
the Moves
that Matter

...and savor success



EMPOWERED Coaching™: Lifestyle Management

With EMPOWERED Coaching™: Lifestyle Management, you work confidentially with a coach who is there to support and guide you in making the behavioral changes that you are ready to make by selecting among 13 different focus areas.

Focus Areas:

- Aerobic Exercise
- Smoking Cessation
- Stress Management
- Unhealthy Fats
- Whole Grains and MORE!

Eligibility:

Employees and spouses enrolled in any State of Nebraska health plan (Wellness, Regular, High Deductible, and Consumer Focused) are eligible to participate in any wellnessoptions program.

Enroll

- Call (866) 956-4285 by November 20, 2014

Criteria

- Complete 8 or more goals with your health coach

Deadline

- Complete by March 31, 2015

For additional information regarding this and other wellnessoptions programs, visit www.wellnessoptions.nebraska.gov.



Note: Participation in wellnessoptions programs is to be done on personal time, and is in no way to be considered part of or arising out of employment for the purposes of workers' compensation or for any other purpose. Approved activities during work hours are allowed only for completing Open Enrollment, the Health Assessment and on-site Biometric Screening.

Make *the* Moves *that* Matter

...and step up to a new you



Walk This Way

Start moving! If you are looking for a fun, informative and effective program that engages and motivates you to stay or become more active, this program is for you! The benefits of physical activity are numerous – and walking is an easy way to be more active! Participants may also choose to receive a digital pedometer, guide/log book, and educational information.

Pedometer Features:



- Tracks normal steps, aerobic steps, calories, and distance
- Stores up to 7 days of information
- Resets automatically at midnight

Eligibility:

Employees and spouses enrolled in any State of Nebraska health plan (Wellness, Regular, High Deductible, and Consumer Focused) are eligible to participate in any wellnessoptions program.

Enroll

- Online by November 20, 2014

Criteria

- 900,000 steps logged online

Deadline

- Complete by March 31, 2015

For additional information regarding this and other wellnessoptions programs, visit www.wellnessoptions.nebraska.gov.



Note: Participation in wellnessoptions programs is to be done on personal time, and is in no way to be considered part of or arising out of employment for the purposes of workers' compensation or for any other purpose. Approved activities during work hours are allowed only for completing Open Enrollment, the Health Assessment and on-site Biometric Screening.

Make *the* Moves *that* Matter

...to make good health happen



Personalized Lifestyle Programs

Choose from one of five self-directed digital health coaching programs that provide you a personal plan, on-going guidance and plenty of resources – similar to having your very own virtual coach! Enroll in your choice of a program to help you get from where you are now to where you want to be!

Personalized Lifestyle Programs:

- *Balance* – Weight management
- *Breathe* – Smoking Cessation
- *Move* – Physical Activity
- *Nourish* – Nutrition improvement
- *Relax* – Stress Management

Eligibility:

Employees and spouses enrolled in any State of Nebraska health plan (Wellness, Regular, High Deductible, and Consumer Focused) are eligible to participate in any wellnessoptions program.

Enroll

- Online by November 20, 2014

Criteria

- Consultation
- 30-day check-in survey
- 90-day check-in survey

Deadline

- Complete by March 31, 2015

For additional information regarding this and other wellnessoptions programs, visit www.wellnessoptions.nebraska.gov.



Note: Participation in wellnessoptions programs is to be done on personal time, and is in no way to be considered part of or arising out of employment for the purposes of workers' compensation or for any other purpose. Approved activities during work hours are allowed only for completing Open Enrollment, the Health Assessment and on-site Biometric Screening.