

Make *the* Moves *that* Matter

...commit to be fit



Cardio/Strength 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. **New!** this year, track in Cardio Tracker, Strength Tracker, or both! You can track a variety of workouts, including sports, fitness classes, and cardiovascular sessions.

Sample Physical Activities:

- Cycling/biking
- Strength and circuit training
- Sporting activities
- Running/jogging
- Dancing, and MORE!

Eligibility:

Employees and spouses enrolled in any State of Nebraska health plan are eligible to participate in any **wellNEssoptions** program.

Enroll

- Log a qualifying workout online by November 30, 2016

Criteria

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

Deadline

- Complete by March 31, 2017

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 *the* Moves *that* Matter

...and savor success



Colorful Choices™

Focus on your nutrition with Colorful Choices™. This engaging and easy-to-use program not only allows you to track your daily intake of fruits and vegetables, it also encourages you to broaden your color palette to get the most of these important, nutrient-rich foods. The best part – no calorie counting, weighing or measuring required!

Program Highlights:

- Optional daily emails with tips and recipes
- Post social messages or have questions answered by a nutrition expert on the Choice Words forum
- Earn bonus points for logging Top Choice selections like blueberries and tomatoes

Eligibility:

Employees and spouses enrolled in any State of Nebraska health plan are eligible to participate in any **wellNEssoptions** program.

Enroll

- Online by November 30, 2016

Criteria

- 600 points logged online

Deadline

- Complete by March 31, 2017

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

...with help to move beyond



Coaching: Condition Management

The Condition Management Coaching 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 and diagnosed with at least one eligible condition may participate in this program.

Enroll

- Call (866) 956-4285 by November 30, 2016

Criteria

- Complete 10 or more goals with your health coach

Deadline

- Complete by March 31, 2017

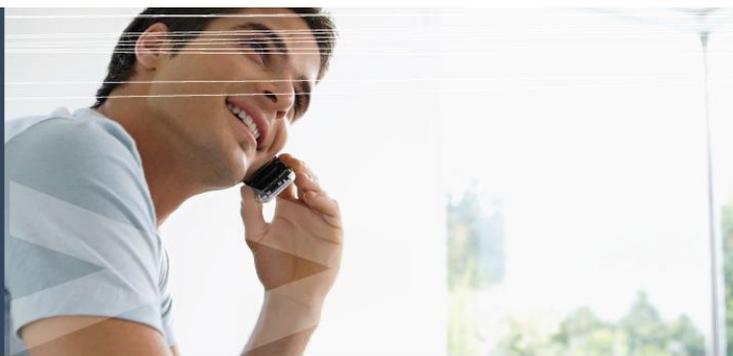
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...with support to build better health



Coaching: Lifestyle Management

With Lifestyle Management Coaching, 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 19+ different focus areas.

Focus Areas:

- Aerobic Exercise
- Smoking Cessation
- Stress Management
- Unhealthy Fats
- Whole Grains
- Sleep
- Flexibility
- Portion Control
- and MORE!

Eligibility:

Employees and spouses enrolled in any State of Nebraska health plan are eligible to participate in any **wellNEssoptions** program.

Enroll

- Online or call (866) 956-4285 by November 30, 2016

Criteria

- Complete 10 or more goals with your health coach

Deadline

- Complete by March 31, 2017

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



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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:



- Records steps, distance & calories
- Stores up 7 days of steps
- Target goal settings
- Works in any position

Eligibility:

Employees and spouses enrolled in any State of Nebraska health plan are eligible to participate in any **wellNEssoptions** program.

Enroll

- Online by November 30, 2016

Criteria

- 1,000,000 steps logged online

Deadline

- Complete by March 31, 2017

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