

It doesn't matter how healthy you are.  
Anyone can benefit from focusing on  
making healthy choices.

# Put your healthy plans into action



We all could use some direction for reaching our personal health goals. If you're ready to quit smoking, get more active or eat better to lose weight and feel your best, there's free resources waiting for you at **umr.com**.

Our online health center includes interactive action plans to guide you in building healthy habits. Log in whenever you're ready to make a change and use the self-service tools to stay on track.

## Simply choose the action plan that matches your health needs and interests:

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



TURN OVER TO LEARN HOW TO GET STARTED



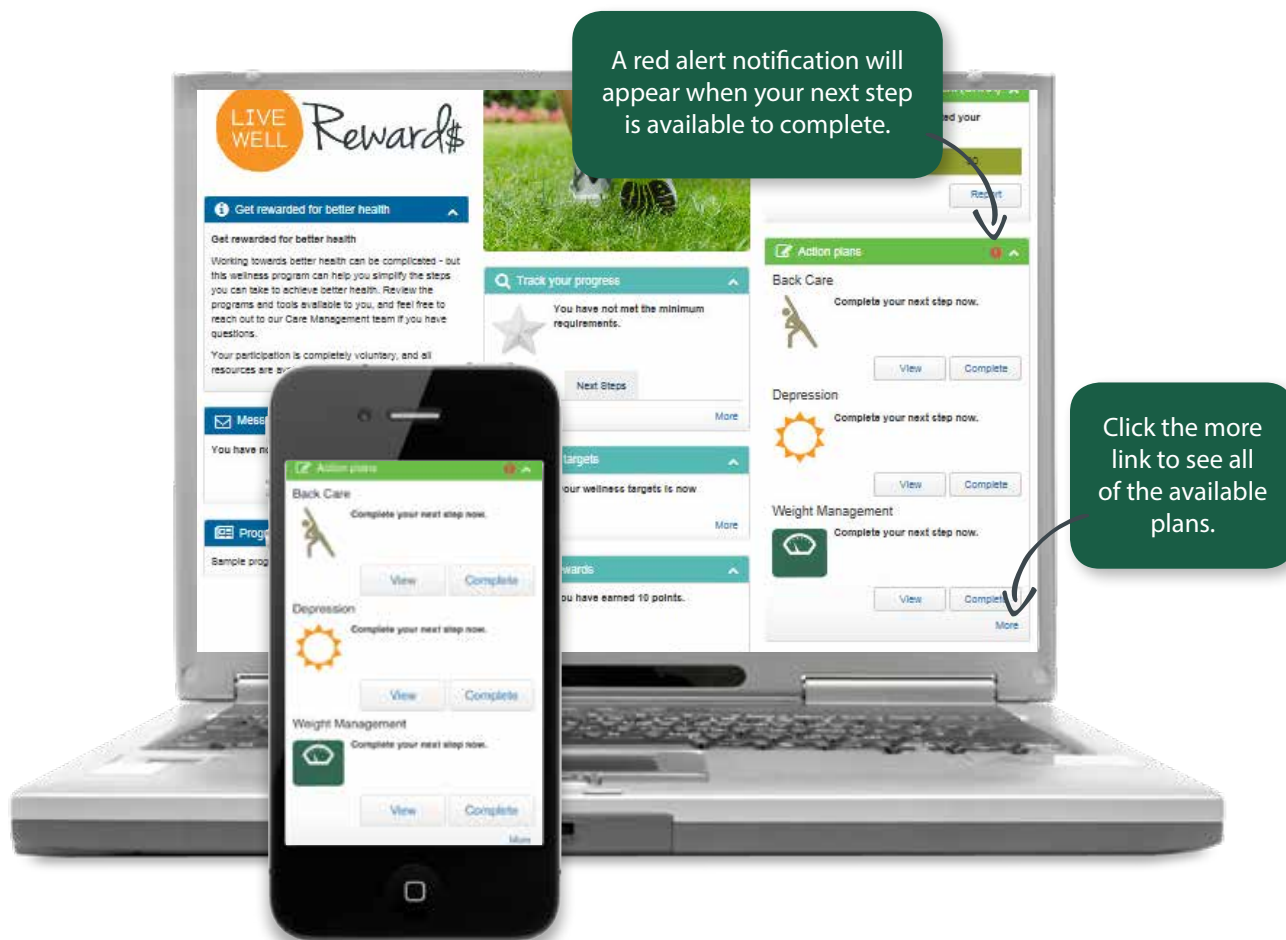
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## How to complete an action plan



Log in to **umr.com**, select **Health center** from the myMenu and choose **Wellness activity center** to get started.

Under the **Action plans** section, you can click Enroll to begin one of the plans displayed.



Complete the steps in the action plan.

**Set up your profile:** Start by profiling your current behaviors and readiness to make changes.

**Make a plan:** 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:** See how far you have come and what more you might do.

**Stay on track:** You will receive reminder messages when it is time to complete the next step in your action plan. You may complete one step per week.

