



# MYVIVERAE LEARNING LIBRARY MENU

MyViverae® members enjoy a variety of educational resources uniquely designed to assist and enrich their health goals. Available through our Learning Library, these programs can be accessed on multiple platforms 24 hours a day. Discover engaging Webinars, Online Courses, and Targeted Programs complete with interactive supplemental material. Explore essential information on a number of health topics including diet, exercise, and daily motivation.

## Webinars



Each month MyViverae introduces a new Webinar and corresponding newsletter highlighting relevant health topics. These concise, entertaining programs are designed to both enlighten and inspire engagement. Each Webinar is followed by a supplemental quiz to promote motivation and basic comprehension. Explore practical health topics for everyday life encompassing home, work, and leisure pursuits.

## Online Courses



Explore Online Courses designed to provide an educational overview on common areas of health and wellness. Each program is approximately 10 minutes in length and features a supplemental quiz, handouts, and worksheets that enhance the course experience. Certain courses are recommended based on a member's individual health report.

### Online Courses include:

#### How to Start Making Changes.

Changing daily habits can yield long-term health benefits. Change is difficult but not impossible, especially if you learn to adopt cognitive and behavioral skills. Readiness to change can be a deciding factor in determining where to start.

## Blood Pressure: Healthy Habits

Controlling blood pressure is important for health and longevity. High blood pressure is associated with serious health problems, including heart disease, stroke, kidney disease, and blindness. You can maintain normal blood pressure with lifestyle changes including healthy eating, physical activity, and sustaining a healthy weight.

## Physical Activity: Getting Going

Regular physical activity produces many short-term and long-term health benefits. Physical activity does not have to be strenuous or done all at once. Reducing sedentary activities and increasing steps taken per day are good initial goals.

## Physical Activity: Keeping at It

Making physical activity a priority is important for long-term success. Engaging in a variety of physical activities is key to enhancing fitness and preventing boredom. The primary types of physical fitness are cardiorespiratory fitness, muscular strength and endurance, and balance and flexibility.

## Healthy Eating: What is a Healthy Diet?

Eating a variety of nutritious foods daily promotes good health. Understanding balanced nutrition can help you choose foods that meet nutrient needs, support an active life, and reduce the risk of chronic disease.

## Healthy Eating: Mindful & Portion Control

To achieve and maintain goals for weight loss and better health, it's important to learn the difference between needing and wanting food. Triggers, including behaviors, feelings, thoughts and attitudes, and one's environment, can make it hard to make healthy food choices. Practicing portion control for every meal is important to avoid eating too much from any one food group.

## Weight Loss: Diet and Physical Activity

Body Mass Index (BMI) is a ratio of weight to height. Weight management is a matter of calorie balance. Expending more energy (calories) than you take in is the key to losing weight. There is no "one size fits all" approach to diet and physical activity for weight loss.

## Preventing Diabetes

Diabetes mellitus is a disease characterized by a lack of insulin or the inability to utilize insulin effectively. Health problems in long-term diabetics include cardiovascular disease, capillary damage, renal failure, neuropathy, blindness, and loss of limbs. Lifestyle factors that improve blood glucose and insulin levels include increasing physical activity, decreasing body fat (if needed), and consuming a healthy diet.

## Lipids: Managing Your Risk

Abnormal blood cholesterol levels are a major risk factor, and elevated blood triglycerides are a contributing factor, for coronary heart disease (CHD), the most common type of cardiovascular disease (CVD). Cholesterol is produced by the liver and obtained from the diet. Genetics, diet, physical activity, percentage of body fat and distribution, stress, age, gender, and other unknown factors determine blood cholesterol and triglyceride levels. Dietary modifications, increased physical activity, and smoking cessation can often improve blood cholesterol and triglyceride levels so that medications are not needed.

# Online Courses ... continued

## Stress Management Techniques

Stress negatively affects health and quality of life. Learning practical coping methods and problem solving skills can help you manage the stress associated with everyday hassles as well as major life events. Physical activity and healthy eating can help you better cope with stress, and protect you from the negative health effects of stress.

## Tobacco: Are You Ready to Quit?

Tobacco use is prevalent in both youth and adults, and is a significant public health problem. Tobacco use is harmful to your health and increases your risk for a variety of diseases, including cancer and heart disease. All forms of tobacco—cigarettes, cigars, pipe tobacco, and smokeless tobacco—have associated health risks. There is no such thing as safe tobacco. Quitting is hard but not impossible, especially if you use medical, behavioral, and environmental strategies to help you.

## Life Satisfaction: My Plan to Take Control

Life satisfaction includes one's assessment of personal and professional competence and well-being. Positive self-image and high self-esteem are associated with good health and a positive life outlook. Identifying how satisfied you are with different life areas can help you see where and how to make life changes. Setting and achieving meaningful personal goals can help increase your life satisfaction.

## Targeted Programs (four lessons each)



MyViverae's Targeted Programs feature a series of videos focusing on individual lifestyles to help foster healthy changes. Each program consists of four consecutive weekly online sessions accompanied by educational handouts and supplementary quizzes.

## Targeted Program topics include

### Breaking Free From Tobacco

This program is designed to encourage lifestyle habits that support tobacco cessation. The focus is on the understanding and developing of basic tobacco cessation principles. Members set personal goals and learn practical skills for behavior change.

### Reaching Your Healthy Weight

This program is designed to both support and inspire practical weight management. The emphasis is on long-term behavior changes in diet and exercise. Members set realistic goals based on their individual health and lifestyle needs.

### Focusing on Your Heart

Develop a better understanding of heart health principles for a variety of lifestyle and health needs. This course highlights important dietary changes and exercises (including cardio fitness). It emphasizes essential nutrition goals as well as practical food preparation for healthier eating.

### Tackling Your Stress

This program is designed to encourage lifestyle habits that support mindfulness and stress management. It focuses on reducing stress-related health risks and offers practical solutions for everyday well-being.

# Targeted Programs ... continued

## Taking Control of Your Diabetes

Explore the essentials of diabetes management for improved health and daily living. This program emphasizes the role of diet, exercise, and motivation in diabetes management. It offers medical and lifestyle tips to reduce the risk of complications from diabetes.

## Strengthening Your Bones and Muscles

Ensure you age gracefully (and actively) with a healthy musculoskeletal system. This program imparts skills for proper body mechanics. Emphasis is on practical diet and nutrition essentials for better musculoskeletal function. It is uniquely designed to fit individual health and lifestyle needs.

## Supporting Your Healthy Pregnancy

This program is designed to encourage a healthy pregnancy for both mother and baby. The focus is on proper nutrition and easy, practical menu ideas. It offers exercise and daily physical activity tips for maximum health throughout the pregnancy.

## Building Your Exercise Routine

Learn new exercise and motivational skills for reaching fitness goals. This program focuses on the learning, and continued practice, of exercise techniques. It is designed to facilitate personal fitness goals in any environment.

## Food For Life

Develop and maintain healthy eating habits for a lifetime. This program imparts a better understanding of healthy portion principles. It offers tips on improving food, snack, and meal choices on an everyday basis.