

# SIMPLE STEPS TO A HEALTHIER LIFE

## Topics & Journey descriptions

Below are a list of all of the health topics and associated Journeys, available within the suite of online health coaching programs in Simple Steps. You'll find descriptions of each of the Topics\* and Journeys\*, as well as those [available in Spanish](#).

### ARTHRITIS: LIVE BETTER WITH OSTEOARTHRITIS\*\*\* 2 STAGES

Develop healthier practices and self-care tips to ease pain.

### ARTHRITIS: LIVE BETTER WITH RHEUMATOID ARTHRITIS\*\*\* 2 STAGES

Live healthier to ease your RA pain and possibly slow the progression of the disease.

### ASTHMA: MAKE A PLAN TO BREATHE EASIER 3 STAGES

Spend less time managing asthma and more time living. Discover new ways to tame symptoms, become an expert on your own body and create an action plan to help you breathe more freely.

### BLOOD PRESSURE: MASTER YOUR BLOOD PRESSURE MEDS 3 STAGES

Managing high blood pressure? Does taking your meds feel like a constant to-do? Take easy steps to simplify your regimen (and save money on your meds, too). You'll be able to set it and forget it—and in the process, never forget a pill again.

### BLOOD PRESSURE: DASH YOUR WAY HEALTHIER 4 STAGES

The DASH (dietary approaches to stop hypertension) eating plan can dramatically affect your blood pressure—but it can be challenging to dash into the plan. So start with one small step, and then another and another. Before you know it, you'll be eating the DASH way!

### COPD: LIVE BETTER WITH COPD\*\*\* 3 STAGES

Learn how to ease shortness of breath, recognize and reduce risk factors, and live the life you love.

### DIABETES: NEW TO YOU 3 STAGES

New to diabetes? Just getting your bearings? Ease your way into the knowledge, skills and tools that will help you build a healthier, happier future—starting now.

### DIABETES: DINE OUT WITH DIABETES 3 STAGES

Don't give up dining out just because you're trying to keep your blood sugar in check. This Journey will guide you through small steps and tips for ordering well. You may never look at a menu quite the same way again.

### DIABETES: FIT TO WALK WITH DIABETES 3 STAGES

Practice new ways of squeezing in fitness and setting up your environment so you're ready and motivated to get out there. Once you're in the habit of looking for small pockets of time, you'll see lots of opportunities to fit in more fitness.

### DIABETES: [GLUCOSE SLEUTH](#) 3 STAGES

Let your inner detective come out and play. Discover how daily activities affect your blood sugar. Then take small, easy steps to keep track so you can stay off the glucose roller coaster. Ferret out the facts then give symptoms the slip.

### DIABETES: MASTER YOUR DIABETES MEDS 3 STAGES

Make your medications work harder for you with ingenious small steps that help you track, remember, take—and maybe even save on—all your medications.

### DIABETES: SELF-CARE IN 10 MINUTES A DAY 3 STAGES

Discover simple, fast ways to protect your parts—eyes, feet, skin, teeth—from diabetic complications. Spot small problems before they become big ones and learn how to take care of yourself when you're under the weather. Become an expert in self-care: Dr. You!

### DIABETES: **TEAM UP WITH THE PROS** 3 STAGES

Life is easier with a team to back you up. Find and partner with the right health care professionals for your team, prepare for visits, and coach your team on how they can best serve your needs and follow up after visits.

### EAT HEALTHIER: **CART HERO** 3 STAGES

Shop with a purpose and discover how easy it is to bring home a cartload of health. From simply making a list to learning to read labels to shopping the outskirts of the store—all you have to do is begin.

### EAT HEALTHIER: **COACH YOUR KIDS TO EAT HEALTHIER** 4 STAGES

You want to give your kids every advantage in life—why not start with good nutrition? Learn to tempt your elementary-school-age kids with foods that are fun and tasty in addition to being good for them. The result: healthy, happy kids.

### EAT HEALTHIER: **DINE OUT: TAKE CHARGE** 3 STAGES

It is possible to enjoy a great restaurant meal and not let go of your healthy eating goals. Learn where the healthier options hide and how to ask for better choices that may not even be on the menu.

### EAT HEALTHIER: **FUEL UP: EAT FOR ENERGY** 3 STAGES

This Journey will help you build the skills to eat for energy all day. You'll learn how to power up at breakfast and pick some smart snacks to keep you fueled up between meals. Before you know it, you'll be eating for energy every day of the week.

### EAT HEALTHIER: **MORE VEGGIES IN NO TIME** 3 STAGES

Whether it's cooking at home or dining out, getting more vegetables onto your plate is easier than you think. Just start with some small steps and you'll be on your way to eating better!

### EAT HEALTHIER: **UNSUPERSIZE YOUR MEALS** 3 STAGES

Welcome to your Journey to rightsizing your eating habits. Practice how to estimate portion sizes. Design a perfectly balanced plate. Arm yourself against the upsizing of portions everywhere you turn. Take it one rightsized step at a time.

### EAT HEALTHIER: **FIT IN MORE FRUIT\*\*** 3 STAGES

Learn to buy and prep fruit for breakfast, lunch, dinner, snacks or dessert. Stage 1: Eat or prepare fruit in a new way. Stage 2: Eat an extra fruit three days this week. Stage 3: Eat extra fruit daily for a week.

### FINANCIAL WELL-BEING: **SHRINK YOUR DEBT\*\*\*** 3 STAGES

With creativity and know-how, you can cut spending and shrink your debts.

### FINANCIAL WELL-BEING: **START NOW, RETIRE HAPPY\*\*\*** 2 STAGES

Picture a relaxed and happy retired, then make a plan to have that!

### FINANCIAL WELL-BEING: **STASH SOME CASH\*\*\*** 3 STAGES

Explore why people overspend and learn tips to break the habit.

### FINANCIAL WELL-BEING: **SMART HEALTH SHOPPING\*\*\*** 2 STAGES

Discover new ways to spend less on healthcare. Use smart shopping skills to make the best investment in your health.

### FINANCIAL WELL-BEING: **YOUR MEDS: FIND WAYS TO SAVE\*\*\*** 1 STAGE

Medicines can cost a fortune, but there are tricks that can help you save. Don't spend a penny more than you have to.

### FINANCIAL WELL-BEING: **MAKE AN ADVANCE DIRECTIVE\*\*\*** 2 STAGES

Define what kind of medical care you would want if you are critically ill.

### GET ACTIVE: **CRANK UP YOUR WORKOUT** 3 STAGES

Even the most dedicated workout can get stale in time. This Journey will help you make the most of your favorite workouts and give you new ones to make sure your fitness routine is never standing still.

### GET ACTIVE: FITNESS TO GO **2 STAGES FOR LEISURE TRAVELERS, 3 STAGES FOR BUSINESS TRAVELERS**

Find your fit wherever you go with small steps that get you moving on the road. By plane, by train, by automobile: Start small and work your way up to workouts that leave you pumped and ready for anything.

### GET ACTIVE: FITTING IN FIT FOR FAMILIES **3 STAGES**

Learn how you can fit in family fitness during the week and the weekend alike—busy families included. It takes as little as 10 minutes to get started, and soon everyone will be begging for more time to move.

### GET ACTIVE: GET STRONG AT HOME **3 STAGES**

You're ready to get stronger. Discover these great strength-training moves and find out how to pair them with daily habits to keep you going at home.

### GET ACTIVE: **WALK YOUR WAY TO FITNESS** **3 STAGES**

If there was one magic bullet for improving your fitness, walking might just be it. And 30 minutes a day is a good goal to shoot for. You can get there, one step at a time—even if your schedule already feels packed.

### GET ACTIVE: YOGA 101 **3 STAGES**

Stretch your way into a stronger, leaner body and a more focused mind with a yoga Journey that will meet you where you are—no chanting required. Simple steps will show you how to get the benefits of yoga in just a few minutes a day.

### GET ACTIVE: RUN YOUR FIRST 5K\*\* **7 STAGES**

Running blasts calories and stress, and it's not just for the superfit. If you can briskly walk for 30 minutes, you can begin this Journey and run a 5K. Do two workouts per week plus this challenge workout in each stage/week.

### GET ACTIVE: USE WHAT YOU HAVE\*\* **2 STAGES**

Get in shape without breaking the bank by using everyday items you already have around the house.

### HEALTHY BACK: LIFT RIGHT, SIT RIGHT **3 STAGES**

Learn how to sidestep back pain by trying out easy ways to tweak the things you do every day, from lifting to sitting to standing—even sleeping! Take small steps and be good to your back, no matter where your activities take you.

### HEALTHY BACK: STRENGTHEN YOUR CORE **2 STAGES**

Core means more than six-pack abs. Strong muscles in the center of your body can help you avoid back pain throughout your day from tasks at work to picking up your kids to moving that sofa. Practice and put together simple moves that will help you look better, feel better and avoid back pain.

### HEART HEALTH: GOOD FAT, BAD FAT **3 STAGES**

Knowing how much and which fats to eat can help you avoid heart disease and lose weight. Discover tasty, new healthy-fat foods, learn how much is enough and practice easy tricks for recognizing and replacing bad fats in your diet.

### HEART HEALTH: MANAGE YOUR CHOLESTEROL MEDS **3 STAGES**

Does taking your cholesterol meds feel like a constant to-do? Take easy steps to simplify your regimen (and automate your refills and save money, too). You'll be able to set it and forget it—and in the process, never miss a pill again.

### HEART HEALTH: LIVE BETTER WITH CORONARY ARTERY DISEASE\*\*\* **3 STAGES**

Manage your disease by making small changes to your everyday routine. With each stage, increase your heart healthy activities with small, manageable steps.

### HEART HEALTH: LIVE BETTER WITH HEART FAILURE\*\*\* **3 STAGES**

Keep symptoms at bay by making small tweaks in your life. By stage three, take on 3 heart healthy habits in 5 days.

### PARENTING/PREGNANCY: PLAN WELL FOR A WELL CHILD\*\*\* 2 STAGES

Guide your child's health by planning well for preventive care, from birth to adulthood. Learn tips and tools for doctor, dentist, education, entertainment, exercise and adolescence.

### PREGNANCY: TRIMESTER 1: GET A HEALTHY START\*\*\* 3 STAGES

Take the first baby steps for this life-changing experience.

### PREGNANCY: TRIMESTER 2: GROW BETTER HABITS\*\*\* 3 STAGES

Tweak your routines to eat smarter, move more and feel fantastic as you fly past the mid-point of your pregnancy.

### PREGNANCY: TRIMESTER 3: GET READY FOR BABY\*\*\* 3 STAGES

You've made it to the final stretch. Get ready for baby!

### SLEEP WELL: BEDTIME GAME PLAN 3 STAGES

You can sleep better. It's about setting up a bedtime routine that helps you leave behind your busy day and preps your body for a restful night. Get ready to get your bedtime game plan set—and look forward to a better night's sleep.

### SLEEP WELL: GET BACK TO SLEEP 2 STAGES

Do you wake up in the middle of the night—and then can't get back to sleep? It's time to train your brain to manage and prevent nighttime waking. Discover simple techniques that help ease you back to la-la land—where you belong.

### SLEEP WELL: PLAN YOUR DAY FOR SLEEP 2 STAGES

Picture this: You, well-rested. This smorgasbord of daytime practices will help your mind, body and bedroom prepare for a gentle slide into nighttime slumber. Sweet dreams!

### STRESS LESS: 10 MINUTES A DAY TO LESS STRESS 2 STAGES

Feeling stressed? Overwhelmed? It doesn't take much time to shrink your stress level—but it does take consistency. Invest 10 minutes a day in yourself, so you can be more clearheaded and energetic all day.

### STRESS LESS: CHOOSE A NEW ATTITUDE 2 STAGES

Discover ingenious small steps that help you coach yourself into a whole new frame of mind. View challenges from a different angle and find ways to solve everyday problems. Handle stress better by shifting your attitude.

### STRESS LESS: MAKE TIME FOR PLAY 3 STAGES

Play is powerful. Devote time to leisure and you'll likely be healthier, happier, less depressed and less stressed. And when you have more fun, you are more fun—everyone around you benefits. In this Journey, get rid of your buzz kills and find your fun.

### STRESS LESS: MIND OVER PAIN 3 STAGES

If your chronic pain has slowed you down, put yourself back at the wheel with small steps you can take to feel a little better each day—and have more fun while you're at it.

### STRESS LESS: PEAK PERFORMANCE MIND 3 STAGES

Work smarter by growing your brainpower. Learn how to improve your attention span and what to do when you're getting distracted. Try out the kinds of breaks that can feed your energy and focus.

### STRESS TO ENERGY SAMPLER 3 STAGES

Learn how to prompt your body to deliver more energy whatever life throws your way. Start with some better sleep habits, then move on to eating for energy before you discover how even a little bit of movement can go a long way toward boosting your energy.

### STRESS LESS: WALK YOUR WAY TO MORE ENERGY 3 STAGES

Walking adds up to a healthier, more energized you, whether you have hours or minutes to spare. This Journey will help you ease into walking just 15 minutes a day—while enjoying all the feel-good perks that come with exercise.

### STRESS LESS: BEAT THE BLUES\*\* 2 STAGES

Improve your energy and outlook by trying short mood-boosting activities. Keep trying ideas until you find what works for you. Build up at least one new brief activity every day. Stage 1: Do a healthy pick-me-up activity every day for three days. Stage 2: Do a healthy practice for five days or, if that seems too overwhelming, call a doctor or therapist for an appointment.

### STRESS LESS: DIAL BACK THE DRINKING\*\* 3 STAGES

This Journey can help you cut down, or quit. Test new drinks that satisfy. Relax and energize in new ways. Start new habits.

### TOBACCO CESSATION: MAKE YOUR DATE TO QUIT 2 STAGES

You can quit! Just take it one small step at a time. In this Journey, you'll set a date. Then you'll start practicing what it's like to be smoke-free by starting to say good-bye to those triggers. It's all about being ready when your quit date comes.

### TOBACCO CESSATION: NOT READY TO QUIT 3 STAGES

Not ready to quit? Not a problem. This Journey is about getting to know the routines, motivations and triggers in your life that lead to a smoke. Step back and see your smoking from a new angle, on your terms and your timeline.

### TOBACCO CESSATION: READY, SET, STOP SMOKING! 4 STAGES

You can quit smoking once and for all by practicing one small, doable—even fun—step at a time. First, set your quit date. Then start prepping your mind, body and environment. When your quit date arrives, you'll be ready to stop!

### TOBACCO CESSATION: STAY ON TRACK, STAY QUIT 3 STAGES

Even the most devoted quitters face temptation. Practice easy ways to build the new life you want and the habits you need to stay quit for good.

### TOBACCO CESSATION: SMOKELESS TOBACCO TAKEDOWN\*\* 4 STAGES

This Journey is for smokeless tobacco users who are ready to quit in the next few weeks or months.

### WEIGH LESS: 21 DAYS TO LIGHTEN-UP HABITS 2 STAGES

What if you could try on some of the most effective weight loss habits—small choices that successful losers habitually make? Have a little fun experimenting with a different habit each day in this Journey to a lighter-weight lifestyle.

### WEIGH LESS: GO LEAN TO GET LEAN 3 STAGES

Sample new protein options that help you cut your calorie count and keep the delicious. Test easy ways to prepare more food at home. Choose smarter options when you're dining out. Come on a Journey that helps you practice "getting it right."

### WEIGH LESS: GO MEDITERRANEAN 4 STAGES

Learn how to take small steps toward shopping, eating and living in the spirit of the Mediterranean. Gradually, these techniques will become a way of life—just like they have been for generations of Mediterraneans.

### WEIGH LESS: MOVE IT AND LOSE IT 2 STAGES

Work your way up to 30 minutes of healthy activity a day by simply moving a little more every hour. You don't even have to get out of your seat to get the benefits. Start choosing steps and start moving.

### WEIGH LESS: SLOW DOWN, EAT LESS 3 STAGES

Put your mind on your food. In this Journey, you'll learn how to focus on flavor, fullness and really enjoying what you eat. The result? You'll learn to feel satisfied without feeling stuffed.

### WEIGH LESS: SMART SNACKING 3 STAGES

Follow a path to a snacking routine that can actually help you meet your weight goals. In this Journey, you'll practice thinking ahead and learn to spot the most energizing choices. You'll prevent over-eating at meals and boost your nutrition—one small snack at a time.

\*Topics and Journeys are subject to change.

\*\*Added January, 2017

\*\*\*Added March, 2018

DRAFT VERSION