The health action plans comprise of a number of steps, or activities, that the member will complete over an 8 week period. The All Steps page lists each step and the due date for completion.

NOTE:
1. The member must log on every week to complete a step. They can visit the message center to sign up for email reminders.
2. When each step is completed, the data is locked. The member can go back to review their entries at any time, but not to make any changes.

HEALTH ACTION PLANS AVAILABLE:

- **Depression**
  This action plan will help you understand how to better identify and manage depression. You will learn how to manage your mood, recognize the signs of depression, and find support.

- **Diabetes Prevention**
  This action plan will help you lower your risk for developing diabetes. You will learn about the risk factors for diabetes and how to make healthy lifestyle choices.

- **Healthy Eating**
  This action plan will help you make healthier choices in the foods that you eat. You will learn how to shop for healthy options, prepare healthier meals, and make wise selections when eating out.

- **Heart Disease Prevention**
  This action plan will help you to lower your risk for developing heart disease. You will learn about the risk factors for heart disease and how to make heart-healthy lifestyle choices.

- **Physical Activity**
  This action plan will help you to reach and maintain recommended levels of activity and fitness. You will learn the benefits of different types of activity and also how to fit activity into your busy day.

- **Risky Drinking**
  This action plan will help you to reach and maintain healthy drinking habits. You will learn about risky drinking behaviors and how to moderate your drinking patterns.

- **Quit Smoking**
  This action plan will help you quit smoking. You will learn how to prepare to quit, how to survive quit day, and how to stay smoke-free.

- **Stress Management**
  This action plan will help you understand how to better manage stress. You will learn how to identify your stressors and take control of stressful situations and feelings.

- **Weight Management**
  This action plan will help you better manage your weight. You will learn how to make healthier choices in your eating habits and how to increase the amount and intensity of your physical activity.

EACH ACTION PLAN INCLUDES:

- **Getting started:** Start the action plan by profiling your current behaviors and readiness to make changes.
- **Making a plan:** Then select the goals you want to work on and the barriers that might block your progress.
- **Taking action:** Each week, work through a personalized lesson that helps you overcome your barriers and achieve your goals.
- **Measuring your progress:** At the end of the plan, see how far you have come and what more you might do.

You will receive a reminder in your To Do list on the right of the page when it is time to complete the next step in your action plan.