



Make strides toward a healthier you!

JourneyWell 10,000 Steps® Program

Get stepping today with this award-winning 8-week program featuring a pedometer, motivational e-mails, articles and a step conversion calculator to add activities like biking or swimming to your daily step total. Choose one of two versions: Lose Weight or Feel Great.

JourneyWell Stress eProgram

If you are dealing with stress, this 8-week online program helps you identify your personal stressors and learn coping skills. It features interactive tutorials with tips to manage time, a private journal, relaxation techniques, recipes and motivational e-mails.

JourneyWell Weight eProgram

Stop dieting and start changing your lifestyle. This 8-week program provides you with the tools you need to take control of your weight! It features weight loss topics, motivational e-mails, a calorie calculator, recipes and trackers to record what you eat, your activity and your weight.

JourneyWell customer service phone numbers:

Twin Cities Metro area: 952-967-5128

Outstate MN toll-free: 1-866-977-5128

TTY toll-free line: 1-877-222-2794

Take a step toward wellness today!

Choose the path to a healthier lifestyle today with JourneyWell health and wellness programs — at no cost to you! Available online or over the phone, these programs provide you with the tools and support you need to make permanent lifestyle changes. Topics include:

- Physical activity
- Stress management
- Tobacco cessation
- Weight management
- And many more!

Convenient and engaging, our suite of online wellness programs is just a click away.

Take a step toward wellness today at www.journeywell.com/SEGIP



Phone coaching to get you motivated

With JourneyWell health coaching by phone, you work with your own personal registered dietitian, health educator, exercise specialist or pharmacist to achieve your health and lifestyle goals. Simply schedule your phone calls when it's convenient for you. Program materials and tools keep you motivated and track your progress. Make your first move today! Give us a call to get started with a wellness program now.

Balancing Stress for Healthy Living

Identify your stressors and implement strategies to control stress rather than it controlling you. Topics include understanding stress, self-talk, healthy communications, a balanced lifestyle and stress at work.

Get Moving, Get Fit

Achieve your personal activity goals whether you're just starting up, trying to maintain or looking to enhance your current routine. Topics include aerobic activity, flexibility and strength training.

Healthy Eating, Healthy Life

Achieve your nutrition goals whether you want to prevent disease, prepare for a marathon or simply feel better. Topics include making healthy food choices using the Dietary Guidelines.

Healthy Lifestyles, Healthy Weight

Achieve your weight loss goals and manage weight successfully. Topics include healthy eating, physical activity and exercise, stress management, weight maintenance and relapse prevention.

Back to Health

Adopt the skills you need to prevent or manage low back pain. Topics include the importance of good posture, assessing body mechanics, exercise to increase movement, tips for coping with pain and more.

Partners in Quitting

Kick your smoking or smokeless tobacco habit for good. Topics include, preparing for a quit date, setting a quit date and practicing skills to manage high-risk situations after you quit.

Solutions for High Blood Pressure

Create a personal action plan for managing your high blood pressure. Topics include medication management, healthy eating and physical activity.

Solutions for High Cholesterol

Create a personal action plan for managing your cholesterol levels. Topics include medication management, healthy eating and physical activity.

Healthy Choices, Healthy Baby

Learn to make lifestyle choices for a healthy pregnancy and a healthy baby. Topics include healthy weight gain, benefits of breastfeeding, nutrition, physical activity, stress management during pregnancy and more.



Get on the path to better health!

Give us a call at 952-967-5128 or
1-866-977-5128 to sign up for a
health coaching program today!