



## Choose health with JourneyWell

Get on the path to a healthier lifestyle with a JourneyWell wellness program!

1. Go to
2. On the JourneyWell page, enter the company name
3. Enter your username and password
4. Click “Go”
5. Click “I accept”

If you forgot your username or password, click “Forgot username” or “Forgot Password.” If you do not have a username and password, click “Register for an account.” For log-on help, call the Web Support Helpdesk at 952-853-8888, 1-877-726-0203 or 952-883-5127 (TTY), Monday – Friday from 8:00 a.m. – 5:00 p.m. CST.

## Online programs

JourneyWell online programs are convenient and engaging. Choose one or participate in all of them!

### **10,000 Steps® program**

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

### **JourneyWell Stress eProgram**

If you are dealing with stress, we can help. This eight-week online course helps you identify your personal stressors and learn coping skills. It includes interactive tutorials with tips to manage time, a private journal, relaxation techniques, recipes and motivational e-mails.

### **JourneyWell Weight eProgram**

Take control of your weight! This 8-week online program provides you with the tools you need to stop dieting and start changing your lifestyle. Get information on weight loss and related topics, motivational e-mails, a calorie calculator, recipes and trackers to record what you eat, your activity and your weight.

For more information or to enroll, please call JourneyWell at 952-883-7800 or toll-free at 1-800-311-1052.