



Stress Management Tools and Resources

Online Health Coach: Stress Management Program

This program is designed to help you manage your stress through a five-level staged approach. This program offers ways to identify your individual stress type and then provides tips on managing your stress with interactive tools to help you cope and reduce the stress factors in your life.



To access this program, log on to myuhc.com, click 'Health&Wellness,' then 'Your Personal Health Center' on the right side of the screen.

The program helps you to:

Understand stress

Identify how you are affected by stress

Cope with your stress type

Understand the roadblocks to managing stress

Learn new tips on managing stress, and access additional interactive tools to help you keep your stress levels in check.

Program features include:

Stress Tracker monitors if your stress symptoms are getting better or worse

Stress Symptom Checker tracks daily stress symptoms

A **Panic Button** with directions on how to get through a stressful moment

Breathing Demo shows deep breathing techniques

Self Message Tool helps you identify and redirect your own negative thoughts

Time Management Tool helps you find ways to fit stress management into your lifestyle

Health Quiz: Stress

Stress Body Tool shows how stress affects various body parts

Stress Thermometer helps you judge your stress level and better manage it

Trivia: Stress

Motivational support to help you achieve your goals

Progress updates to keep you going

Online tools and messages to reinforce your healthy habits

Health Assessment

Our online health assessment provides you with immediate feedback on the current state of your health. It takes approximately 15 minutes to complete. Your responses are then evaluated and used to help customize your online experience.

We recommend that you complete the health assessment before beginning any wellness program. Log on to myuhc.com® and click on "Health Assessment".

Not registered on myuhc.com? Registration is easy. Just visit www.myuhc.com, click on "Register Now" and follow the simple steps.





Resources on myuhc.com

A variety of resources are available on myuhc.com to help you become more active. To access these resources, simply click on the 'Health&Wellness' tab located on the myuhc.com home page.

Health and wellness library

Get the latest information on a variety of health and wellness topics, including:

Personalized content based on your condition, life stage or lifestyle

Clinical information on a wide range of diseases, conditions, tests, procedures, treatments, therapies and drugs

Exclusive articles to help you make sense of the latest health news and trends

Daily articles on consumer health news

Log on to myuhc.com and click 'Health&Wellness', then 'Conditions AtoZ.'



visit us at www.myuhc.com

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