

## Healthy Measures

Healthy Measures was founded in 2011 by Jose Beltran and Susanne Kramer. Combined, Jose and Susanne have more than 30 years' experience in providing and managing biometric screenings and wellness services to regional and national clients. Healthy Measures delivers customized, outcomes-based health screening programs, education, and data reporting for organizations of all sizes. In addition, Healthy Measures has experience providing screening and educational services to hard-to-reach populations and organizations.

Serving clients nationwide.

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Program/Service Name	Description	Live Onsite or Live Virtual, Virtual only, or Both?
<b>Be Active</b>		
Boot Camp	45-60-minute class taught by certified instructors that offers participants a workout that builds strength and fitness. Typically, high intensity and customized to meet the average level and experience of the students in the class with modifications of exercises taught for varying levels.	Live Onsite or Live Virtual
Dynamic PT Exercises for Injury Prevention	Taught by a physical therapist, this 30-50-minute class focuses on strengthening groups of muscles as well as the core, with the goal of injury prevention. Also touches on ergonomic practices for desk sitters.	Live Onsite or Live Virtual
Flexible Strength	Build Long Lean muscles with this full body strength workout using light and heavy	On Demand Video

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	dumbbells, resistance bands and a bench or Stability Ball.	
General Group Fitness	45-60-minute class taught by certified instructors with a mix of simple cardio and strength training exercises.	Live Onsite or Live Virtual
Glute Workout!	4 Every Minute on the Minutes (EMOMs) for the Glutes using a mini band loop around your ankles. This workout activates and strengthens the Glute muscles, especially those that help with knee tracking and low back support.	On Demand Video
HIIT Class (High Intensity Interval Training) with Functional Fitness	High Intensity Interval Training is a class that can be held anywhere, inside or outside and that can be quite effective even in shortened classes. Typical classes run 20-60 minutes. It is a training technique in which participants are coached to give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.	Live Onsite or Live Virtual
HIIT with a Focus on Cardio	This is a High Intensity Interval Training (HIIT) Total body workout. The short, high energy intervals will get you fit fast and the diversity of movement will improve your coordination, timing, balance and agility. This workout can be done high or low impact. Optional Equipment: 2 light dumbbells and an optional yoga block.	On Demand Video
HIIT with a Focus on Glutes	This is a High Intensity Interval Training (HIIT) Total body workout. The short, High-Energy intervals will get you fit fast, and the diversity of movement will improve your coordination, timing, balance and agility. This workout can be	On Demand Video

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	done high or low impact. Optional Equipment: 2 light dumbbells and an optional yoga block.	
HIIT with a Focus on Rotation	This is a High Intensity Interval Training (HIIT) Total body workout. The short, High-Energy intervals will get you fit fast, and the diversity of movement will improve your coordination, timing, balance and agility. This workout can be done high or low impact. Optional Equipment: 2 light dumbbells and an optional yoga block.	On Demand Video
HIIT with a Focus on Triceps	This is a High Intensity Interval Training (HIIT) Total body workout. The short, High-Energy intervals will get you fit fast, and the diversity of movement will improve your coordination, timing, balance and agility. This workout can be done high or low impact. Optional Equipment: 2 light dumbbells and an optional yoga block.	On Demand Video
How to Keep your IT Band Happy!	Activate and stretch the muscles and tissues that support the IT Band.	On Demand Video
Low Impact HIIT with a Focus on Cardio	This video is a Low Impact High Intensity Interval Training (HIIT) total body workout. The short, high-energy intervals will get you fit fast and the diversity of movement will improve your coordination, timing, balance and agility. Equipment: 2 light dumbbells and an optional yoga block.	On Demand Video
Low Impact HIIT with a Focus on Glutes	This video is a Low Impact High Intensity Interval Training (HIIT) total body workout. The short, high-energy intervals will get you fit fast and the diversity of movement will improve your coordination, timing, balance and agility.	On Demand Video

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	Equipment: 2 light dumbbells and an optional yoga block.	
Low Impact HIIT with a focus on Rotation	This video is a Low Impact High Intensity Interval Training (HIIT) total body workout. The short, high-energy intervals will get you fit fast and the diversity of movement will improve your coordination, timing, balance and agility. Equipment: 2 light dumbbells and an optional yoga block.	On Demand Video
Low Impact HIIT with a Focus on Triceps	This video is a Low Impact High Intensity Interval Training (HIIT) total body workout. The short, high-energy intervals will get you fit fast and the diversity of movement will improve your coordination, timing, balance and agility. Equipment: 2 light dumbbells and an optional yoga block.	On Demand Video
Metabolic Conditioning	This 15-minute workout uses an “Every Minute on the Minute” Format and several high intensity but low impact exercises to really give you a tough workout in a short time! Use it as a standalone workout on a busy day or add it to a walk, hike or bike ride for a double duty workout.	On Demand Video
Qi Gong/Tai Chi	A profound system of movements, exercises, and paradoxically - stillness, resulting in a unique and holistic mind-body awareness. Grounded in martial arts, Tai Chi/Qi Gong is most often practiced in the west for its well documented health benefits. Tai Chi and Qigong have been shown to have positive effects in many areas, including <i>Balance and Fall Prevention, Blood</i>	Live Onsite or Live Virtual

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	<i>Pressure, Immune System Response, Sleep, Joint Health and Bone Density, Mood and Stress Reduction - 45 to 60-minute classes.</i>	
Quick Yoga-Esque Cool Down	Use yoga poses to stretch and relax your body anytime. No equipment needed	On Demand Video
Shoulder the Weight	One of the first areas of your body to show the results of weight training is the Shoulders! Get started right here with 15 minutes of Shoulder toning and strengthening exercises that will improve your shoulder health and your overall posture!	On Demand Video
Sleepytime Yoga	Release tension and let your body relax into these restorative yoga poses.	On Demand Video
Stability Ball Stretches	Who knew your stability ball could make you feel this good! Pull that ball out of the corner and try this 7 min of Stretching. (Note: A chair can be used in place of the ball for most of the exercises.)	On Demand Video
Static Stretching using a Resistance Band or Yoga Strap	A deep stretch for the legs and upper body using a resistance band or yoga strap and a mat.	On Demand Video
Strong, Toned Glutes!	Use a resistance mini band loop to activate and tone your glute muscles in 15 minutes a day	On Demand Video
Tabata	Tabata is a class that can be held anywhere, inside or outside and that can be quite effective even in shortened classes. Typical classes run 20-60 minutes. It is a training technique in which participants are coached to give all-out, one hundred percent effort through quick, intense	Live Onsite or Live Virtual

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	bursts of exercise, followed by short, sometimes active, recovery periods.	
Tighten Up your Triceps and Back	Try this 15-minute workout using a flat resistance band to tone and strengthen your Back Body!	On Demand Video
Warm Up with a Stick and Mini Band	A Classic Warm Up using props! Grab a golf club or a broom stick and a mini band loop and get your body moving!	On Demand Video
Warm Up with No Equipment	Energize your body and your mind with this quick warm up that will increase your circulation, flexibility and mobility.	On Demand Video
Yoga	45-60-minute yoga classes described below. Most often we deliver non-leveled yoga classes for participants with varying degrees of yoga experience that are a <u>blend</u> of the different traditions described below with certified, experienced teachers that can meet the students where they are.	Live Onsite or Live Virtual
Yoga For Happy Hip Flexors	This 30-minute yoga practice is a series of hip flexor stretches that get progressively deeper. Equipment: yoga strap with end tied into a loop, 2 yoga blocks (optional), pillow or blanket to pad your knees if necessary	On Demand Video
Yoga for IT Band Relief - Stretching and Mobilization	This 32-minute video stretches the muscles and mobilizes the joints that affect the functioning of the IT band. Equipment: yoga block or large book, yoga strap, a towel and access to a wall	On Demand Video
Yoga for Low Back Stretching and Strengthening	Quick yoga practice that focuses on stretching and strengthening the muscles that support the lower back. Equipment: 2 yoga blocks.	On Demand Video

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Yoga Poses and Stretching for Healthy Hamstrings	This yoga practice warms up your hamstrings to increase circulation, temperature and suppleness then takes you into some deep stretches to find length and relief.	On Demand Video
Zumba	Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — and resistance training - <i>45 to 60-minute classes.</i>	Live Onsite or Live Virtual
<b>Be Nourished</b>		
A Beginners Guide to Food as Medicine	Eating a diet high in therapeutic foods has the potential to not only encourage greater health and healing but to also complement conventional treatments for certain disease states	Both
A Functional Nutrition Approach to Autoimmune Disease Management	Over 23 million Americans suffer from autoimmune disease. The internet is flooded with conflicting nutritional advice. Should you go paleo? AIP? Fasting? What dietary approach can support the management of your autoimmune disease? In this class we will look at the research and speak with a functional nutritionist who works closely with individuals who have autoimmune disease. You will leave the class with a playbook of well researched supportive dietary shifts. In this immune health masterclass, we will break down the optimal foods, nutrients, and supplements to add in, and those that should be eliminated. With a specific focus on understanding the role of inflammation in illness	Both

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	and how optimizing anti-inflammatory foods can set you on the path to wellness. This masterclass will provide information for general immune health that is applicable now and in the future.	
Adaptogens to the Rescue!	Adaptogens are a class of herbs and mushrooms that are thought to fight stress and help balance the body. They have been used for centuries by a variety of cultures to help the body cope with both physical and mental stress. In this workshop we will explore the exciting world of adaptogens and understand how to use these herbs in our everyday life.	Both
Amazing Salad Workshop	Say goodbye to boring salads! In this fun and interactive cooking class you will learn the salad formula to create delicious healthy salads and homemade salad dressings with simple pantry ingredients!	Both
Are Your Detoxification Pathways Clogged?	Our bodies are designed to absorb and eliminate toxins with the help of our kidneys and liver. However, increased exposure via food and environment can take a toll. In this class we will break down facts and fiction when it comes to detoxification and learn the best foods and lifestyle factors that encourage greater liver health and improved natural detoxification support.	Both
BioHack your Breakfast	Are you looking for easy solutions to a supercharged morning? A breakfast that will provide you with energy and focus and have you zipping through the day? Learn the simple	On demand

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	secrets to biohacking your breakfast including functional coffee add-in's.	
Day of Wellness - Nutritional Counseling	One-on-one sessions: intake form, action plan, educational materials: \$150 per hour/per nutritionist	Both
Diet Myth Busters	Ketogenic, Paleo, AIP, Vegan, Whole 30, South Beach, Atkins, McDougal, Intermittent Fasting, and on and on. It feels like a new diet is born every week! It's impossible to keep up with all the diets hitting the market and even harder to know what they are for or if you should try them? In this class we will go through the newest diet trends and discover how to determine which elements could be beneficial for you.	Both
Earth Day - Zero Waste Cooking	Forty percent of the food grown in the US is thrown away each year. In this class learn how to optimize your grocery shopping, meal planning, and cooking to reduce food waste - healthfully and deliciously.	On demand
Eating Fat to Get Healthy	Food controls everything. Food affects the expression of your genes that cause or prevent disease. In other words, food literally turns on health genes or disease genes. It tells those genes to store or burn fat. Food influences your hormones, your brain chemistry, your immune system and even your gut flora. The theory that all calories have the same impact on your weight and metabolism remains one of the most persistent nutrition myths that keeps us fat and sick.	Both

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Essential Vitamins and Minerals for Healthy Aging	Our bodies change as we get older, and we may need more of certain vitamins and minerals. Where do we find these in our foods? What medications interact with food? Are vitamins or supplements needed? Join us as we discuss the latest recommendations	Both
Fight Disease with and Anti-Inflammatory Diet	<p>Inflammation is the underlying root cause of many ailments and is linked to heart disease, certain types of cancer, and neurodegenerative disease (like Alzheimer's). The best defense against inflammation is diet and mindful lifestyle shifts. In this seminar we will:</p> <ul style="list-style-type: none"> <li>• Learn how different foods affect the inflammatory process</li> <li>• Learn which foods are pro-inflammatory and which foods are anti-inflammatory</li> <li>• Explore the various preparation techniques that can affect the inflammatory process</li> <li>• Learn which dietary styles of eating are most beneficial to reduce inflammation</li> <li>• Learn delicious anti-inflammatory recipes.</li> </ul>	Both
Food and Mood	How to Turn your Kitchen into a Feel-Good Pharmacy". During this presentation, you will look at the feel-good properties of various foods and the effects of food on brain health and mood. In addition, there will be a demonstration of cooking techniques, food tasting, as well as practical information on how to increase whole	Both

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	foods in your diet to help naturally balance mood.	
Green Smoothie Mastery	Becoming a green smoothie master is one of those small healthy changes that has HUGE impact. Imagine consuming more vegetables by 9am than most people eat in a week! Learn the perfect green smoothie formula, plus quick kitchen hacks to prep smoothies ahead of time.	On demand
Health at Every Size - a Body Positive Approach to Health	In this class you will learn the 8 primary health promoting behaviors that have the most radical impact on your health, regardless of body size.	Both
Healthy Eating On the Go	Eating on the run is inevitable, albeit, not always ideal. In this workshop you will learn the best tips to stay healthy while on the move including the 3-part formula for always making balanced healthy food choices.	Both
Healthy Express - 5 non-negotiable Heart Health Habits that will put you on the Express Train to Feeling Well	One of the biggest roadblocks to improving heart health is overwhelming information. There is so much information available and it can be quite confusing, heart healthy approval stamps are all over foods that may not be supportive to cardiovascular health. The cure? Simplification and organization. This presentation focuses on a “healthy express” protocol, teaching you how to implement 5 non-negotiable, simple, health habits that will put you on the express train to improved cardiovascular health.	Both
Healthy Holiday Survival Guide	Does your holiday season typically include baskets of cookies and buckets of chocolate? Do you tend to overindulge because - well what the	Both

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	heck, it's the holidays? Did you know that it is quite typical to gain 5-7 pounds during the holiday season! Well, we are here to tell you that you do not have to gain an ounce!	
Herbal Medicine Cabinet Must Haves	Make sure to keep ton hand these traditional and herbal remedies that really work to use with or even replace common OTCs	Virtual only
Immune Masterclass	In this immune health masterclass, we will break down the optimal foods, nutrients, and supplements to add in, and those that should be eliminated. With a focus on understanding the role of inflammation in illness and how optimizing anti-inflammatory foods can set you on the path to wellness. This masterclass will provide information for general immune health that is applicable now and in the future.	Both
Intuitive Eating	Learn how to trust your body's cues for nourishment, to quiet the noise of diet culture and to lean into wellness from a place of radical self-care. Intuitive eating is more than just a buzzword, more than just a trend, it is a radical lifestyle change that will forever shift your understanding of food and eating.	Both
Living a Heart Healthy Life	So often health is related to lifestyle and what we eat - heart health is no exception. Pick up some new tips about heart healthy eating and lifestyle during this presentation.	Both
Local, Fast, Fresh and Healthy Cooking Class	Your local farmers market is overflowing with fresh produce, but maybe you aren't quite sure what it all is or how to use it. Or maybe you're just looking for some fresh, creative ideas! This	Both

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	class will highlight what's available at the farmer's market this month and provide some tips about how to pick the right produce, how to prepare, and how to eat seasonally without spending hours in the kitchen!	
Making Healthy Meals a Priority for the Working Family	When time is short and you are running from work to lessons, sports and school, how do you keep healthy foods a priority? Tips on using prepared foods, crockpots/instapots, packing ahead, food safety and storage containers and enjoying your meals without the guilt.	Both
Master Meal Planning	<p>Medicine Smart meal prepping is a skill that saves you time and money and can bring joy and peace to your healthy eating journey. This fun and informative class will teach you exactly what steps to take to make shopping, planning, and cooking your food easier. Topics covered include:</p> <ol style="list-style-type: none"> <li>1) How to properly store produce for longer shelf life</li> <li>2) How to effectively use pantry staples</li> <li>3) How to create a meal plan for the week that minimizes time in the kitchen</li> <li>4) How to cook once and eat several delicious meals all week long</li> </ol>	Both
Mindful Eating	Have you ever sat in front of the TV with a full pint of ice cream and before you know it your spoon is scraping the bottom of the container, yet you have no memory of tasting beyond the first 5 bites? How did	Both

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	<p>that happen? How did you go from knowingly consuming a few bites to unknowingly finishing the entire thing? This, my friends, is mindless eating. Mindless eating is one of the biggest dietary pitfalls that can perpetuate an unhealthy relationship with food. In this session you will learn how to become more aware of your food choices and the environmental factors that affect them. We will discuss:</p> <ul style="list-style-type: none"> <li>• Intuitive Eating</li> <li>• Chewing</li> <li>• Mindful Eating Practices</li> <li>• Freeing Yourself from Eating Distraction</li> </ul>	
Natural Approaches to Reduce Pain, Safely	Pain medications (OTC and prescription) can be effective for reducing pain and improving quality of life, but they often come with significant side effects. Learn 3 strategies to manage pain to reduce reliance on medication	Virtual only
New Nutrition Facts Label Can Improve Your Health	The Nutrition Facts Label can help you reduce your sugar intake, count calories, lower your blood pressure, increase your fiber intake and make healthy choices at the grocery store. How has the dietary guidance changed over the years and how does the label address these? What sugars are the best to sweeten your foods?	Both
Nutrition 101 - 10 Easy Steps to Optimize Health	Nutrition is the cornerstone of good health. In this class we will cover 10 essential dietary shifts that will put you on the fast track to health.	Both

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Snack Rehab	Snacking will happen, unhealthy snacking does not need to. Learn how to optimize your snacks for improved energy and blood sugar stability	On demand
Staying Healthy with Mediterranean Cuisine	Mediterranean cuisine was highlighted in the 2015-2020 Dietary Guidelines for Americans as one of the best eating patterns for good health. In this presentation you will learn about why it is so healthy and how to incorporate it into your diet.	Both
Stress, Hormones and Your Health	Hormone health is fundamental to overall wellbeing, affecting our sleep cycle, cravings, energy, and ability to burn fat. In this class, you will learn how to eat to harness the power of your hormones, and what foods are keeping you trapped in hormonal prison.	Both
Superfood Smoothie Workshop	Smoothies are more than just a quick and easy breakfast; they are nutrient delivery systems! In this class you will learn several foolproof smoothie recipes and learn how to build a superfood smoothie pantry!	Both
Superfoods to Super Charge Your Life	Are you curious about superfoods? Are you prepared for their superpowers? Superfoods have been used for centuries to: <ul style="list-style-type: none"> <li>• Regulate hormones</li> <li>• Increase energy levels</li> <li>• Boost your mood and brain functions</li> <li>• Promote weight loss</li> <li>• Lower cholesterol</li> <li>• Increase libido</li> </ul>	Both

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Supplement Savvy	In an ideal world we would be able to get all of our nutritional needs met by food, unfortunately, due to soil erosion and excessive use of pesticides and herbicides the nutrient content of food has declined by nearly 40% over the past 50 years. To achieve optimal health some supplementation is necessary but walk down the aisle of any vitamin store and you will most likely feel utterly and completely overwhelmed. So, let's clear the cobwebs of confusion and become supplement savvy. In this presentation, you will learn the core supplements we should all be taking.	Both
The Best Cooking Hacks You Didn't Know You Needed	Do you know the optimum way to store vegetables, so they stay fresh longer? How about fresh herbs? Learn the best cooking, storage, and shopping hacks to save time and money in the kitchen	On demand
The Brain Diet	Learn cutting-edge research on cognitive health and harness the power of food to improve your neurological health.	Both
The Science of Health Habits	Based on the book "Atomic Habits" by James Clear, learn how to develop and keep supportive healthy habits.	Both
The Surprising Truth about Wheat	Gluten free is a hot trend, but is it a necessary dietary shift for everyone? Learn the answers to these questions:	Both

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	<ul style="list-style-type: none"> <li>• What's the difference between celiac disease and NCGS or Non-Celiac Gluten Sensitivity?</li> <li>• Do I need to be gluten free?</li> <li>• Is gluten bad for me?</li> <li>• Why doctors miss diagnosing celiac disease more than 80% of the time</li> <li>• I was told I need to be gluten free, where do I start?</li> </ul> <p>Attendees will receive gluten-free recipes and menu ideas.</p>	
What's New at the Grocery Store?	Explore and taste new food products. Look at trends including the Impossible burger and plant milks. Make your meals faster and with some of the cut fresh vegetable options. Snack on chips from old grains, new vegetables and added seeds and compare healthy choices.	Both
Your DNA Age	Based on the best-selling book from Dr. Kara Fitzgerald, learn the revolutionary new science behind the methylation diet and how it can help you live healthier longer.	Both
Your Kitchen Farm-acy - Cold and Flu NO MORE!	Your secret weapon to staying healthy all year long can be found right in your kitchen! This presentation will cover natural cold and flu remedies including the ideal foods, herbs, and vitamins to support your immune system and help prevent illness all season long. This will be a hands-on demo including several DIY recipes for creating natural cold "medicine" at home.	Both
<b>Be Energized</b>		

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5 Tips for Maximizing Brain Health & Memory	Protect your most valuable asset - These 5 tips will enhance memory and cognitive performance and reduce risk of cognitive decline and dementia in the future	On Demand Video
A Wellness Crash Course	This video will introduce wellness and all the different categories that make it up. This video will be your introduction to all different topics available to you.	On Demand Video
Balanced Diet for a Balanced Mind	Feed your body, feed your mind. Discover how what we feed ourselves influences our energy and our relationships with others.	On Demand Video
Building Awareness of Emotional States	As humans we associate color with different emotions. Learn how to use color as a wellness tool.	On Demand Video
Burnout	Burn Baby Burn: Understanding the signs of burnout, how to prevent, identify, and address burnout	On Demand Video
Chakra Revolution, Align the Whole Shebang	This 15-minute video will guide users through a moving meditation to reset, realign, innervate, and charge the complete chakra system for optimal presence and energetic balance. This practice is accessible and effective for anyone! Recognize yourself more fully in human form as a conduit for energy that you have control over and agency in optimizing. It's a fast reset you can use on-the-spot to enhance well-being and vitality. Come alive through the rainbow of light that is you!	On Demand Video
Coloring Outside the Box	An exploration of each of the 7 chakras or energy centers through movement, meditation	On Demand Video

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	<p>and creativity. Clear and elevate yourself through this vibrant practice of self-awareness.</p> <ul style="list-style-type: none"> <li>○ Red Root Grounding</li> <li>○ Orange Waves of Pleasure</li> <li>○ Golden Sun Power</li> <li>○ Love Grows Green</li> <li>○ Turquoise Truth</li> <li>○ Indigo Visions</li> <li>○ Violet Visions</li> </ul>	
Corporate and Community Massage	<p>Studies have proven that massage is effective in treating a range of symptoms related to a variety of conditions and contribute to an overall sense of well-being. It improves both physical and emotional health on a short-term basis.</p> <p>Massage benefits include:</p> <ul style="list-style-type: none"> <li>● Reducing stress and increasing relaxation</li> <li>● Reducing pain and muscle soreness and tension</li> <li>● Improving circulation, energy and alertness</li> <li>● Lowering heart rate and blood pressure</li> <li>● Improving immune function</li> </ul> <p><i>This offering is priced by massage therapist/per hour and includes the following:</i></p> <ul style="list-style-type: none"> <li>● <i>Chair or table massages: (fully clothed)</i></li> <li>● <i>Includes:</i> <ul style="list-style-type: none"> <li>○ <i>chair/table</i></li> <li>○ <i>privacy screen</i></li> <li>○ <i>music</i></li> <li>○ <i>Ancillary supplies like sanitizing</i></li> </ul> </li> </ul>	Live Onsite or Live Virtual

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	<ul style="list-style-type: none"> <li>• <i>All therapists are fully certified and insured</i></li> <li>• <i>Appointments can be 15-minute, 20-minute, 30-minute in length</i></li> </ul>	
Dealing with Procrastination	We can learn a lot from Mary Poppins. She teaches us how to have fun when we don't want to do what we need to. In this video we provide you with some sugar to help the medicine go down.	On Demand Video
Decorating Your Work Space	You spend most of your time at work. Why not make it enjoyable? Decorating your space can be a fun way to get to know your coworkers and have them get to know you.	On Demand Video
Detoxification: Separating Facts from Fiction	What is detoxification and why is it important? Learn sources of potential toxins and where they might hide. 5 simple steps using lifestyle, food, and nutrients you can take to stay healthy.	Both
Exercise-General Group Fitness	45-60-minute class taught by certified instructors with a mix of simple cardio and strength training exercises.	On Demand Video
Face Yoga	A simple pranayama practice to bring you back home to your ease and confidence. Rejuvenating, relaxing, a return to symmetry and stability.	On Demand Video
Fatigue & Brain Fog: Finding Some Clarity	Finding some clarity: Being productive when you are fighting fatigue and brain fog can feel like an uphill battle. Learn what might be at the root of it and how to get back to yourself.	On Demand Video
Finding Purpose / Meaning in Daily Life	In this video, we provide 9 ways you can add meaning and purpose to your life.	On Demand Video

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<p>First Massage: Questions to Ask and What to Expect</p>	<p>You'd like to try a massage, but you have questions: Do I disrobe entirely? What if the massage pressure is too much or too little? Am I supposed to be quiet throughout the whole massage? These questions are not only anxiety producing but also potential barriers to actually getting a massage. After watching this video, the viewer will know what to expect when getting a massage, will have the information necessary to select a massage therapist in line with her/his/their wellness goals and will be empowered to have a fantastic massage experience.</p>	<p>On Demand Video</p>
<p>Healthy New Year's Resolutions that Stick</p>	<p>Learn the science behind how to set up realistic milestones to effectively meet your health goals this year</p>	<p>On Demand Video</p>
<p>How to Be a Self-Advocate</p>	<p>Self-advocacy can be one of the hardest things to do in the workplace, let alone in everyday life. In this video, we discuss tips for communicating your needs and how to strategize getting what you want</p>	<p>On Demand Video</p>
<p>How to Find a Therapist</p>	<p>In this segment we challenge the stigma of therapy and provide answers to the most frequently asked questions people have when looking for a therapist</p>	<p>On Demand Video</p>
<p>How Your Work Space Can Help You</p>	<p>If we have a chaotic workspace, it can make us feel chaotic. Here are some tips on organizing your space so you be productive and feel accomplished about your day.</p>	<p>On Demand Video</p>

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Identifying Values	One of the major issues taught in career counseling is identifying values. In this video, we talk about the importance of aligning values with our careers and why that can make all the difference.	On Demand Video
Imposter Syndrome	Do you constantly second-guess yourself or your work? Do you feel incapable of performing or accomplishing all of your responsibilities? In this video we define Imposter Syndrome, help you identify your type, and provide ways to cope with imposter syndrome.	On Demand Video
In Your Hands	Strain through the wrists, palms and fingers can be an afterthought. But reawakening and soothing the extremities...your connection to everything...is the boost you can access at any time.	On Demand Video
Innovative Career Management - Take Charge of Your Career	Learn to think strategically about your career and become motivated and empowered to be in a job you love. This course will teach you the key issues of strategic career management and introduce you to critical actionable steps that will result in your career success	Both
Learning About Headaches	If you or a family member suffers from headaches, you know how headaches can disrupt your life. In this presentation, we are going to provide you with an overview of headache types, what causes them and helpful ways to prevent and eliminate them.	Live Onsite or Live Virtual

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Managing Stress, Managing Health	In this interactive presentation, you will learn about the nature of stress and how it impacts the mind, body and spirit. In addition, individuals will learn how to identify their stressors, to recognize stressor manifestations and to utilize healthy coping mechanisms. Everyone will learn and practice a relaxation exercise, and all will leave with a personalized action plan.	Live Onsite or Live Virtual
Managing Symptoms of Anxiety/ Depression While at Work	This video provides discrete and calming coping skills that can be used throughout your day.	On Demand Video
Meditate Now	A guided meditation that you can and will use.	On Demand Video
Meditate? Who me? Stress Relief and Mindfulness Training	The research is clear. Stress kills. (Well, and decreases productivity, disrupts healthy relationships, invites disease and pretty much messes up your day!) And meditation eases stress. Not a lot to debate or think about really, so how do I do it? For a fun and soothing presentation, designed especially for you. Get the facts, get inspired to try something new (or renew something dusty) and enjoy a peaceful hour...with techniques & take-aways that will support inner calm, balance, wellness & stress-reduction for a lifetime.	Live Onsite or Live Virtual
Mindfulness	Mindfulness is a simple practice that can help you get time back to yourself while managing the hustle and bustle of the workday. In this	On Demand Video

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	video, we talk about what mindfulness is and how it can be helpful.	
Neck Like New	Strain and ache in the neck will drain your vitality and cloud your mood and motivation. Let's refresh quickly with movement and massage for the cervical spine. It's easy and you'll feel brand new!	On Demand Video
Optimizing your Thyroid - The Master Metabolic Hormone!	The thyroid gland is often referred to as the "master metabolic regulator" because it produces hormones that affect every cell and every organ of the body. Thyroid disease impacts more than 12% of the US population - and 60% of people with thyroid disease are unaware of their condition! Imbalances in thyroid hormones impact body composition and weight, digestion and constipation, hair growth and skin elasticity, heart rate, and body temperature regulation. Here we will learn how nutrition impacts thyroid function and hormone activation, and some of the steps you can take to optimize your thyroid health using nutrition and lifestyle. Objectives: Meet the thyroid, and its best friend the Adrenal gland; Learn lifestyle factors that impact thyroid health; Learn nutritional factors that can optimize thyroid activity and hormone activity (even if you're taking medication).	Both
Perfectionism	We all want that promotion, raise, and praise from our bosses and coworkers. In this segment we talk about how being a perfectionist can	On Demand Video

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	actually keep you from success. We will teach you how to make your mistakes work for you rather than against you.	
Personal Reflection: Why its Important, How to Do It	The most important relationship you have is you. Learn how to prioritize yourself and be comfortable with it!	On Demand Video
Positive Psychology: The Science of Happiness	<p>Traditionally, psychologists focused on what makes depressed people depressed. However, recently psychologists have turned the question on its head asking, “What makes happy people happy?” and, happily, they have discovered several powerful strategies and behaviors that will make you happier. You will learn</p> <ul style="list-style-type: none"> <li>• The seven habits of happy people</li> <li>• How to use your strengths to be more engaged and happier</li> <li>• If money does or does not make us happy</li> <li>• The positive effects of being in flow</li> </ul> <p>You will leave this presentation with new insights about happiness and how you can become a happier person.</p>	Live Onsite or Live Virtual
Power of Positivity	Improve your mindset, improve your life. Simple tricks to attract positivity and create a positive work environment.	On Demand Video

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Pro Social Communication for In and Out of the Workplace	Aggressive, Assertive, or passive? What is your communication style and how to use it to get ahead in your career?	On Demand Video
Protecting Cognitive Health & Reducing Risks of Dementia	In the United States, the Alzheimer's Association estimates that approximately 6 million people are currently living with age-related dementia. That number is expected to continue to climb. Dementia and cognitive decline significantly impacts quality of life and increases risk of developing other chronic disease complications. Furthermore, it has an emotional and financial toll on patients and loved ones. Here we will learn about the risk factors associated with developing cognitive decline, and how we can take steps to protect our cognitive health	Both
Reset & Tone the Vagus Nerve	The tenth cranial nerve is sometimes called the "wanderer", as it travels all along the brain-gut axis to enervate the parasympathetic nervous system. Tending to your vagus nerve is simple to do and can influence health and wellness by optimizing your relaxation response. Learn three basic techniques to enhance stress management, digestive health, mental clarity, and overall ease. The vagus nerve is a hot topic, but it's not complicated nor difficult to take healing action to support your body and mind.	Both
Self-Massage for Back and Lower Body	According to the Health Policy Institute, 16 million US adults suffer from chronic back pain and 65 million people in the US have reported a recent episode of back pain. It's no surprise that back pain in the US ranks sixth in terms of most	On Demand Video

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	<p>costly. Self-massage can help relieve back pain. In this video, the viewer will learn how to self-massage for back and legs using (1) a tennis ball and (2) a foam roller. The techniques are safe, easy to do and can be done through clothing. Specific emphasis for back pain is on the lower-back, buttocks and hamstrings. Athletes and weekend warriors will benefit from watching the self-massage for legs section.</p>	
Self-Massage for Neck, Shoulders, and Hands	<p>Working at a desk often involves being in one position for a protracted period (static posture) while often doing a repetitive task, like typing. Static posture and repetitive tasks can lead to neck, shoulder and hand pain. Self-massage, applying ischemic compression to specific areas of pain, is a way to provide pain relief to neck, shoulder, and hand muscles. In this video, the viewer will learn three specific, safe and easy-to-apply self-massage techniques to relieve neck, shoulder and hand pain. Two techniques involve massage tools: (1) a tennis ball and a sock and (2) Theracane.</p>	On Demand Video
Self-Care	<p>When we get on a plane, the flight attendant tells us to put on our oxygen mask before helping others. In this video, we explore why that is one of the only times we put ourselves first and talk about ways you can engage in self-care outside of an airplane.</p>	On Demand Video

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Setting Goals	You can get S.M.A.R.T! How setting S.M.A.R.T goals can make you work smarter not harder.	On Demand Video
Sleep	Did you know we spend 1/3 of our lives sleeping? This video examines why sleep is so important and dives into how we can get better sleep.	On Demand Video
Social Media and Mental Health	Social media: The good, the bad, and the ugly. This series explores how social media affects mental health. We explore how social media can be used to our advantage and how it can be detrimental to our health	On Demand Video
Stress Support Using Adaptogens & Mushrooms	Stress might not always be avoidable but learn how herbal adaptogens and medicinal mushrooms can help you gain more resilience, focus, and improve your memory and performance!	On Demand Video
Tapping Into Balance	Let's explore polyvagal theory and the most current therapeutic techniques, but for the lay person. I've done the vagus nerve research and whittled down decades of buzz around stimulating and soothing the nervous system to heal the body and the mind. Now you can learn about and use this quick and effective tool today. I promise you will feel your mood adjust, your energy levels stabilize and your sense of peacefulness increase. It only takes a few minutes each day to achieve breakthrough benefits!	On Demand Video

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The Less Talked About Benefits of Massage	Everyone knows that massage feels good. Less known is that massage has broad-reaching physiological and psychological effects. In this video, viewers will learn that massage alters EEG activity, increases parasympathetic activity, and decreases cortisol levels, which can lead to a calmer, less anxious state of mind. In addition, viewers will learn that massage can be a frictionless entry point for starting a self-care program and can be used strategically as a reward after accomplishing a self-care objective.	On Demand Video
The Microbiome & Epigenetics: Using Food to Power Health!	The science of epigenetics is teaching us how to leverage a healthy gut microbiome through diet and lifestyle modifications to improve health and longevity.	On Demand Video
Understanding Sleep Disorders	Sleep is essential for a person’s health and wellbeing. Yet millions of people do not get enough, and many suffer from this lack of sleep The National Sleep Foundation reveals that at least 40 million Americans suffer from over 70 different sleep disorders and 60 percent of adult’s report having sleep problems a few nights a week or more. Learn why sleep is so important, what happens when you don’t get enough and the medical conditions that may be responsible for interruptions to sleep.	Live Onsite or Live Virtual
Utility Yoga	Yoga doesn’t have to be complicated! You don’t need special clothes nor equipment, you don’t need a studio nor a guru, and you DON’T need to	On Demand Video

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	<p>be flexible! For a practice to be worthwhile it must be accessible, sustainable, effective, and escalating. This on-the-spot, fast and powerful mini-practices are brilliant resets you can USE.</p> <p>Utility Yoga for Shoulders  Utility Yoga for Hips  Utility Yoga for Your Low Back  Utility Yoga for Legs  Utility Yoga for Feet</p>	
Vivid Living	<p>Vivid Living centers on a guided tour through the chakras - your internal rainbow of energy centers in the body. Whether you need to lift a sense of heaviness or lethargy OR soothe and ground anxiety and distraction, this melding of meditation, gentle movement and sensory engagement offers an effective way into somatic embodiment to support yourself in the here and now. You will learn chakra basics and IRL guided meditation until you get the hang of it; and then this invaluable tool is yours to count on in any challenging situation.</p>	Both
<b>Be Empowered</b>		
Blood pressure		Onsite Only
Body composition analysis		Onsite Only

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Package A	<b>Finger stick/Venipuncture</b> Full Lipid profile (TC, HDL, TC/HDL ratio, LDL, LDL/HDL ratio, Triglycerides), Glucose, Blood Pressure (BP) & Pulse, Body Mass Index (BMI), Measured Height & Weight, Waist Girth	Onsite Only
Package B	<b>Finger stick/Venipuncture</b> Total Cholesterol; Glucose; BMI (self-reported Height & Weight); Blood Pressure	Onsite Only
Package C	<b>Venipuncture Comprehensive</b> (full metabolic/CBC/thyroid/lipid profile) & BP	Onsite Only
Package D	<b>Finger Stick</b> Lipid Profile (Total Cholesterol, HDL, LDL, TC/HDL ratio, Triglycerides)	Onsite Only
Package E	<b>Finger stick</b> Lipid Profile(Total Cholesterol, HDL, LDL, TC/HDL ratio, Triglycerides), Glucose, BP	Onsite Only
Package F	<b>Finger Stick (non-fasting)</b> Total Cholesterol/HDL and Glucose Blood Pressure & Heart Rate Height/weight/BMI & Waist circumference	Onsite Only
Package G	<b>Venipuncture</b> Total Cholesterol/HDL and Glucose Blood Pressure & Heart Rate Height/weight/BMI & Waist circumference	Onsite Only

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Package H	<b>Venipuncture: 20 Chem panel: 377606</b> Glucose, Uric Acid, BUN, Creatinine, BUN/Creatinine Ratio, Sodium, Potassium, Chloride, Calcium, Phosphorus, Total Protein, Albumin, Globulin, A/G Ratio, Total Bilirubin, Alkaline Phosphatase, LDH, SGOT, SGPT, GGT, Iron, Lipid Panel with Total Cholesterol/HDL and LDL/HDL Ratio and Estimated CHD Risk (20 Panel) + BP, Pulse, BMI, Waist	Onsite Only
Package I	<b>Venipuncture: 30 Chem panel: 361692</b> Glucose, Uric Acid, BUN, Creatinine, BUN/Creatinine Ratio, Sodium, Potassium, Chloride, Total Carbon Dioxide, Calcium, Phosphorus, Total Protein, Albumin, Globulin, A/G Ratio, Total Bilirubin, Alkaline Phosphatase, LDH, SGOT, SGPT, GGT, Lipid Panel + Chol/HDL Ratio, LDL/HDL Ratio, +CHD Risk, CBC with Differential/Platelet + BP, Pulse, BMI, Waist	Onsite Only
Hemoglobin A1C (001453)	Add-on testing	Onsite Only
Cotinine (070322)	Add-on testing	Onsite Only
PSA (010322)	Add-on testing	Onsite Only
Facial Skin Scan	Add-on testing	Onsite Only
Thyroid Panel - Free Thyroxine index, T3 Uptake, thyroxine T4 (000455)	Add-on testing	Onsite Only
TSH (004259)	Add-on testing	Onsite Only
Vitamin D, 25-Hydroxy (081950)	Add-on testing	Onsite Only
Vitamin B12 (001503)	Add-on testing	Onsite Only
LabCorp vouchers	Add-on testing	Onsite Only
Physician Forms	Add-on testing	Onsite Only

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Diabetic Kidney Panel: Quantitative Urine Albumin, Urine Creatinine, Estimated Glomerular Filtration Rate	Add-on testing	Onsite Only
Diabetic Retinopathy (92250 TC) (92250 with 26 modifier)	Add-on testing	Onsite Only
Total Cholesterol (TC)	Cholesterol panel	Onsite Only
TC and Glucose	Cholesterol panel	Onsite Only
TC and HDL	Cholesterol panel	Onsite Only
TC, HDL and Glucose	Cholesterol panel	Onsite Only
Lipid Profile	Cholesterol panel	Onsite Only
Lipid Profile and Glucose	Cholesterol panel	Onsite Only
10 Basic Financial Steps for Special Needs Caregivers	This workshop addresses 10 basic steps to help caregivers get started in preparing for the financial future of their dependent with special needs. It covers critical issues such as applying for government benefits for Social Security and Medicaid, creating a Special Needs trust, the importance of a Will and considering a Letter of Intent.	Both
5 Tips for Maximizing your Medication Effectiveness	Medication management tips from an integrative medicine Pharmacists to make the most benefit and least side effects when you fill your next prescription	On Demand Video
A lot about Clots	DVT/PE is a common clotting condition that becomes more common as we age. Come learn about blood clots, how they are diagnosed and how they are treated.	On Demand Video
Acceptance, Trust and Gratitude	Moving through adversity with a compassionate heart, healing, and growth occurs with acceptance, trust, and gratitude. Yes, gratitude	Both

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	for the adversity. Resistance and rejection of adversity causes more suffering. Cultivating a mindset of respect for suffering and creating a context in which you can embrace and accept adversity lead to healing and growth.	
Allergy Awareness: What You Need to Know	Allergies often begin in childhood, but you can develop allergies in any stage of adulthood too. Some come on with changes in the environment and/or after you change your environment and encounter new allergens. And even if you think you've overcome a childhood allergy, some people develop symptoms again as adults. Learn the signs and symptoms that may point to an allergy in your life and the many ways in which allergies can be treated.	Live Onsite or Live Virtual
Antibiotics and Resistance	Understanding antibiotics: to take or not to take as well as how to avoid antibiotic resistance.	Both
Attractions and Repulsions Awareness	Awareness is the first and necessary step in any change. When we have feelings about other people, events, or situations, we may instinctually act on those feelings: "I like that person; I want to spend time with them;" or, "that person bothers me; I'm staying away." But did you ever consider your feelings, attractions, and repulsions as data. Data is noticed and thought about. We seek to understand data in a bigger picture context. For instance, "criticism is oblique self-condemnation" (Fulton Sheen) highlights the importance of introspection, rather than assuming that our feelings are accurate descriptions of the other person.	Both

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<p>Build Purpose: Make Desire-Driven Decisions Not Fear-Driven Decisions</p>	<p>Make desire-driven decisions not fear-driven decisions Be yourself, radically. No one will do things the way you do things. Recognize your fear-driven actions as growth-limiting. Make decisions that align with your strengths, accept failures and obstacles, and embrace creative desires</p>	<p>Both</p>
<p>Building Intimacy</p>	<p>Healing and closeness arise from connection; just as distress and dysfunction arise from fragmentation. Connection, closeness, and intimacy build upon vulnerability. Although revealing who you are feels risky, it is exactly the risk of vulnerability, which can be practiced incrementally, that that seals the bond of intimacy in all relationships.</p>	<p>Both</p>
<p>Build Purpose</p>	<p>Make desire-driven decisions not fear-driven decisions Be yourself, radically. No one will do things the way you do things. Recognize your fear-driven actions as growth-limiting. Make decisions that align with your strengths, accept failures and obstacles, and embrace creative desires</p>	<p>On Demand Video</p>
<p>Bulletproof Your Back: An After Work Strength &amp; Recovery Program For Manual Workers Who Bend, Lift &amp; Twist</p>	<p>Manual workers who bend, lift, and twist throughout the day often consider their physical job as a replacement for strength training and exercise. Unfortunately, research shows that this simply isn't enough to stay healthy, in shape, and injury free. Luckily, there are specific after work strength and recovery tactics that can improve overall health, reduce the risk of injury, and prepare these workers to withstand the physical challenges of work. In this training, we discuss</p>	<p>On Demand Video</p>

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	the importance of “training to work” and lay out a quick and effective strength training routine (perfect for after a long, hard day) designed to target key areas of the core, back, and hips most important for manual workers.	
Bulletproof Your Neck & Shoulders: An After Work Strength & Recovery Program For Desk Workers	Most of us have experienced the feeling of tightness in our neck and shoulders after a long day at work. Common sense tells us to massage and stretch things out. NEW research suggests that most feelings of “tightness” are NOT due to actual muscle tightness, but rather muscular fatigue. While stretching can help in the moment, the ultimate solution lies in strengthening the muscles of the neck & shoulders. This training shares with you and your employees a quick and effective after work strength training routine (plus recovery tactics) designed for desk workers to prevent neck & shoulder pain.	On Demand Video
Cancer 101: Understanding Cancer and its Prevention	The big “C” strikes fear in our hearts. Come out and learn how to better understand just what cancer is, where it comes from, the signs and symptoms to look for, and the latest science on its prevention. Dr. Donee will address this topic as only she can! Her brand and style of warm delivery of hard facts will help participants cope with their own personal cancer issues or those of loved ones.	Live Onsite or Live Virtual
Cardiovascular Disease: Hyperlipidemia, Hypertension, Stroke	Cardiovascular disease is the number one cause of death in the United States. Also, known as high cholesterol and high blood pressure –	Live Onsite or Live Virtual

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	hyperlipidemia and hypertension are the leading causes of stroke and heart attack. It is vitally important for everyone to understand their own cardiovascular risk factors. Dr Donee will unravel the mystery behind Hyperlipidemia and Hypertension and share the latest valuable information about how to prevent and/or manage these all-too-common conditions.	
Colorectal Cancer: Why are you Afraid of the Scope?	Dr. Philip Pearson will present a humorous introduction to the concept of a colonoscopy - an important study which can prevent cancer and lengthen your life. Many myths are debunked, and humor is always injected. Dr. Pearson serves the general surgery needs of patients at Bryn Mawr and Paoli hospitals with a special interest and expertise in colon and rectal surgery.	Live Onsite or Live Virtual
Common ENT Issues	Ear, Nose and Throat (ENT) issues are common and can be very troublesome. Learn more about the diagnosis, treatment, and prevention of some common ENT disorders.	Both
Common Respiratory Viruses	Demystifying respiratory viruses. there are many viruses, some are more complex than others. come learn about some common viruses, how they affect you, and how to prevent them.	On Demand Video
Contemplation in Action Hardship	Hardships activates our vulnerabilities and creates opportunities, and perhaps one depends upon the other. What about a particular circumstance feels like a hardship to you but	Both

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	perhaps not to another? What fear, painful memory, strong emotion, feeling of loss is elicited in difficult situations? Our knee-jerk reaction is to avoid, stuff, and numb these experiences. Contemplation in action is the practice of observing, respecting, and contemplating the opportunity elicited by our activated vulnerability.	
Diabetes: Awareness, Prevention and Management	Diabetes is one of the fastest growing diseases in the United States. This presentation will explain the science behind diabetes, the signs and symptoms. Learn how to make the lifestyle choices necessary to prevent Type 2 Diabetes and how best manage Type 1 Diabetes and Type 2 Diabetes if you are already diagnosed.	Live Onsite or Live Virtual
Drug-Nutrient Interactions: How Optimizing Nutrition Can Improve Medication Effectiveness	In the US the awareness and use of supplements has skyrocketed in recent years. The average American takes at least one supplement daily. When used correctly, they have the power to work in synergy with medications and other health interventions to improve our health. We'll discuss common mistakes, including failing to support depletions of key nutrients caused by very common medications.	Both
Easy Ergonomic Workstation Setup For At-Home Or In-Office Workers	There's an overwhelming amount of information about the "best" and most ergonomic way to set up your desk space. This leads many people and companies to purchasing expensive equipment, fancy chairs, and devices	On Demand Video

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	in hopes of optimizing the workplace environment. But ergonomics doesn't have to be complicated! In this training, we cover what you need to know about workstation setup and share creative solutions for maintaining a productive and pain free workspace customized to your needs.	
Employment Transition: Preparing for Change	Employees experiencing an employment transition (such as layoffs or voluntary separation packages) will learn how to keep their financial house in order and preserve their lifestyle.	Both
Estate Planning	Estate Planning — Everybody needs to have an estate plan. Employees will learn about establishing and prioritizing goals, today's estate tax landscape and what it means for them and how to avoid common mistakes people make with their estates.	Both
Eye Spy - Common Ophthalmology Issues	Ophthalmologic issues are extremely common as we age. Come and learn more about diagnosis, treatment, and prevention of some common eye diseases.	Both
Face Your Fear: Create an Action Plan and Execute it Transforming Fear into Confidence and Growth	Create an action plan and execute it transforming fear into confidence and growth Fear is a powerful emotion that is meant to be self-protective and that limits growth. Identify your purpose-driven desire and create an action plan of small steps to increase your ability to take risks and to transform fear into confidence and growth.	Both

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Fevers - Starve a Fever & Feed a Cold?	There are many different theories about what to do when you have a fever. This session will teach you the basics of fevers and the common cold as well as when to call the doctor	On Demand Video
Find Opportunity in Change: Adjust Proactively to a Changing World	Opportunities increase in times of change. Maximize your strengths, focus on purpose-driven decisions, and embrace obstacles to shift flexibly and successfully with change.	Both
Foot Loose - Common Podiatry Issues	On your feet all day? Constantly moving with your job? We all have foot pain from time to time. This session will teach you about common podiatric issues and how to prevent and/or treat them.	Both
General Gastrointestinal Issues	This presentation will look at general gastrointestinal issues that affect all people at one time or another. You will learn the scientific approach to understanding the biology, causes, symptoms and treatments. Whether for you or a loved one battling GI issues – this presentation is a great opportunity to better understand the origin and remedies for gut and digestive issues.	Live Onsite or Live Virtual
Get Retirement Ready	Prepares individuals for the decisions they need to make as they approach retirement, including sources of retirement income, employer distribution options, lump sum vs. rollover, health insurance options and relocation decisions.	Both
Go with Your Gut: Unraveling the Digestion Connection	It is well recognized by holistic practitioners that proper digestion, absorption, assimilation, and elimination of foods is the key to health. No matter how pure or clean the foods and	Live Onsite or Live Virtual

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	<p>nutrients consumed are, unless they are broken down, so the body can absorb and assimilate them, a person will suffer from malnutrition and less than optimal health. Over 20 million Americans suffer from various digestive disorders, are you one? Let's spend some time together truly understanding how we can optimize our digestive process and improve our health.</p>	
Groans, Moans and Those Old Bones	<p>Understanding the difference between osteoarthritis, rheumatoid arthritis and other aches and pains. There are distinct differences between osteoarthritis and rheumatoid arthritis, come learn more about diagnosis, treatment, and prevention.</p>	Both
Helping Children Cope with Stress and Anxiety	<p>Do you live or work with children whose stress and anxiety is overwhelming them and impacting you? Do you worry about these children choosing unhealthy coping options as they struggle with the stress in their lives? When children feel overwhelmed, challenges become stressors, and anxiety replaces eagerness. They don't enjoy childhood to the fullest, their learning suffers, and relationships are compromised. <b>Learn 4 strategies</b> to support the children in your life using a strength-based approach to build resilience, manage anxiety naturally, and foster healthy connections and communication. Content</p>	Both
Home/Work Stress Strategies	<p>When you know better, you do better. Learn strategies to help you know better how to</p>	Virtual only

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	manage doing everything from home! You will leave this interactive virtual presentation with knowledge, coping mechanisms, and relaxation exercises to support distressing.	
Integrative Medicine: What's it all About?	Unravel the mystery behind the latest medical terms such as “Alternative”, “Complimentary”, “Holistic”, “Integrative”, “Functional” and “CAM Therapy”. There have been exciting new strides in, and acceptance with whole-body methodology including many new (and old) diagnostic and therapeutic methods that complement mainstream medicine. Learn about how you or a loved-one might benefit by considering an integrative medical approach to good health.	Live Onsite or Live Virtual
Investing 101	A basic overview of investing that explains the difference between saving and investing, asset classes and investment styles, stocks and bonds and types of mutual funds	Both
Investing 201	(Approximately 90 minutes) For those who have attended Investing 101 — or have general investment knowledge. This workshop includes in-depth information on investing, tax implications, performance measurement, managing risk, determining the right investments and common investing terminology.	Both
Keep Functioning and Stay Calm in Times of Stress	Adjusting to change can result in emotional stress. This interactive discussion of evidence-based strategies will provide practical tools to maintain purposeful living, emotional calm, and mental health and wellness.	On Demand Video

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Know your Numbers and Know what to Do	Understanding your lab work and blood pressure as it relates to hyperlipidemia, hypertension and diabetes is critical for long-term wellness.	Both
Life Balance: Finding the Median between Living to Work and Working to Live	Discover how to train the mind and establish healthy habits and simple self-care strategies that can easily be incorporated into everyday life. In a world where everyone seems overly busy and overextended, practicing presence offers a much-needed change of pace.	Both
Love What You Do	Work towards your purpose and through your strengths Your strengths, desires, and purpose align. Identify strengths, desires, and purpose to improve decision making, prevent burnout, and increase productivity with better work life balance.	Both
Lower Back Pain and Sciatica	This interactive workshop is perfect for you if you've ever experienced back pain, leg pain numbness or tingling, or want to learn how to prevent future back issues. We will discuss the 3 most common causes of back pain, the single biggest mistake office workers make that leads to back problems, why most back pain treatment fails, specific microstretches to relieve or prevent back pain as you work, and what successful treatment looks like without the side effects of medications, injections, or surgery.	Live Onsite or Live Virtual
Making Sens of the Roth	In this workshop, employees will explore the basics of a Roth IRA and 401(k) and learn about tax diversification, eligibility, contribution and withdrawal rules, and conversion	Both

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Marriage Equality	This workshop explores the legal and financial opportunities and challenges that come with marriage equality, from beneficiary designations and Social Security to adoption and health care.	Both
Maximizing Safety & Effectiveness of Prescription Medications	One in two Americans are taking at least one prescription medication regularly. Taken correctly, they are essential for managing chronic disease, infection, improving quality of life, and can be a critical lifesaving intervention. However, many patients prescribed medications regularly miss doses, take them incorrectly, or discontinue medications due to side effects. We will learn how to maximize the benefits of common medications, as well as how to reduce risks of the most common side effects and interactions.	Live Onsite or Live Virtual
Medical Moments - Understanding Your Medications	Do you have questions about your medications? Do you understand them? Come and find get the facts on the most prescribed medications.	Both
Medicine Cabinet Must Haves	Make sure to keep ton hand these traditional and herbal remedies that really work to use with or even replace common OTCs.	On Demand Video
Men's Health	This presentation focuses on men's preventable health problems and encourages early detection and treatment of diseases including cancer, heart disease and depression. A reminder for men to take care of their bodies by eating right,	Both

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	exercising, and working to prevent disease. For men and ones who love them.	
Movement As Medicine - “Anytime, Anywhere” Micro-Stretches For Back Pain & Sciatica Prevention	How do we reverse the physical impact of work on our bodies? Many people believe that rotator cuff problems and shoulder strains are due to repetitive overuse. NEW research suggests that this is not true. Instead, we now know that these problems are caused by sustained postures that reduce the blood supply to these areas. This training cuts to the chase and shares with you and your employees a simple, quick, and effective science-backed micro-stretch routine proven to prevent workplace related shoulder & rotator cuff pain.	On Demand Video
Movement As Medicine - “Anytime, Anywhere” Micro-Stretches For Rotator Cuff & Shoulder Pain Prevention	How do we reverse the physical impact of work on our bodies? Many people believe that rotator cuff problems and shoulder strains are due to repetitive overuse. NEW research suggests that this is not true. Instead, we now know that these problems are caused by sustained postures that reduce the blood supply to these areas. This training cuts to the chase and shares with you and your employees a simple, quick, and effective science-backed micro-stretch routine proven to prevent workplace related shoulder & rotator cuff pain.	On Demand Video
Movement As Medicine - The Missing Link In Carpal Tunnel Prevention	Many people believe that carpal tunnel is an injury caused by repetitive overuse of the wrist. But there is a missing link... NEW research suggests that most of the time the problem	On Demand Video

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	<p>actually begins more upstream at the neck. We now know that this problem is caused by sustained postures of the neck and arm that reduce the blood supply to the nerves of the hand and wrist. This training reveals the connection between the neck and carpal tunnel syndrome, an easy postural fix to release neck and nerve tension, and shares with you and your employees a simple, quick, and effective science-backed micro-stretch routine proven to prevent carpal tunnel related symptoms, including hand/wrist pain, numbness, and tingling.</p>	
Neck and Back Pain Prevention Tactics	<p>Back, neck, and tendon problems are an epidemic. Most people recover from these problems, but many suffer greatly. Prevention training programs have shown that these disorders are highly preventable. This presentation will teach people how back and neck problems, tendinitis, carpal tunnel syndrome and related problems develop, how to prevent and avoid them, and how to take care of them once they do develop. Topics will include ergonomics, how to use and care for the working body on the job, and self-treatment methods for dealing with these disorders.</p>	Live Onsite or Live Virtual
Now You Know Your Numbers - Next Steps to Improving Your Health	<p>Biometric screenings not only offer warning signs for potential health problems but, most importantly, knowing YOUR numbers can help to kick start lifestyle changes to prevent health</p>	Both

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	issues from developing. In this workshop we will dive into how to interpret your biometric tests and what healthy dietary and lifestyle changes may be an important next step in <i>your health plan</i>	
Nutrients That Optimize Thyroid Hormone Activity	How to safely and effectively use nutrition and evidence-based herbs to improve thyroid function to prevent hypothyroidism and even maximize your medication effectiveness	On Demand Video
Overwhelmed and Overextended?	Have you gotten signals to slow down? Do you ever wonder why you have to stay so busy? Take the time to truly tune into those signals and look under the hood to see if you can determine what would really make you truly happy. Discover 4 simple strategies to raise your happiness set point.	Both
Parenting Anxious Children	Parenting anxious children requires paradoxical parenting and a gradual approach. Parenting strategies that are effective for non-anxious children frequently need to be reversed for anxious children. For instance, all children need reassurance, and it feels good for a parent to give their child reassurance. Anxiety can make everyday tasks extremely difficult for children, hijack normal parent child interactions, and create an insatiable need for reassurance in a child. Uncertain how to help their child, parents may get pulled into an anxiety cycle and may provide either too much or too little reassurance. Paradoxical parenting strategies	Both

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	teach parents to recognize when they are being pulled into an anxiety cycle, to resist excessive reassurance, and to encourage a gradual approach to improvement.	
Perfect Posture Hurts: How To Sit At Work & Stay Pain Free	New research shows that this might be doing more harm than good. In this training, we bring you and your employees up to speed on what current evidence suggests about how we sit and offer innovative strategies to prevent pain & reverse the effects of sitting.	On Demand Video
Perfectionism and Atypical Perfectionism	High standards drive success, and we need high standard people to accomplish amazing and creative feats. However, perfectionism has two sides. What I call “the dark side of perfectionism” can result in significant consequences such as feelings of overwhelm, procrastination, low motivation, shame and worthlessness. Atypical perfectionism afflicts those who are chronically burdened by the heavy and seemingly unachievable weight of the high standard	Both
Planning for College	Provides insight and guidance for the major financial decisions that may have to be made when saving for college.	Both
Practicing Presence: Writing your Prescription for a Joyful Life	Designed to incorporate writing and reflection as a catalyst to uncover unconscious habits and exchange them with sustainable self-care strategies, this session provides practices to cultivate simple routines to protect against burnout and boredom. We need a systems	Both

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	approach to wellness, and it begins with us. Bring a pad and paper for this interactive session	
Preparing to Care for an Aging Parent	This workshop will help current and future caregivers better understand their roles and responsibilities. This includes exploring different care options, important legal and financial considerations, helpful planning tips and available resources.	Both
Reducing Medication Side Effects & Nutrient Depletion		On Demand Video
Retirement Income Planning	This workshop addresses the steps your employees need to take to create an income strategy and how to manage five common retirement risks.	Both
Retirewise	<p>An award-winning, on-site financial and retirement education workshop series in 4 sessions. At a Retirewise workshop you can expect:</p> <ul style="list-style-type: none"> <li>• Objective information on a wide range of topics: from investment basics and tax strategies to saving for college, and estate planning.</li> <li>• Expert delivery by a local specially trained MassMutual financial professional</li> <li>• Lots of questions and answers – bring your own and listen to others to help you move ahead</li> <li>• Interactive exercises and a book that goes hand in hand with the workshop. It's yours to keep and use for future reference</li> </ul>	Both

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	<ul style="list-style-type: none"> <li>The opportunity to meet one-on-one with a local financial professional to get answers to specific questions and start to create an action plan that works for you</li> </ul>	
Riding Out Emotion	Emotions provide valuable information. However, emotions should be governed by reason. Allowing emotions to dictate behavior and avoiding or numbing emotions create emotional entanglements, sometimes to the point of toxicity, ineffective relationships, and psychiatric disorders. Emotions are designed to be experienced and processed. Strategies to achieve emotional processing create emotional health and balance.	Both
Self-Care, Self-Compassion, and Stress Reduction Strategies for Resilient Employees	Do you feel as if you're tired, wired, and running in circles? You are not alone; however, there is another way. When we care for ourselves deeply and deliberately, we can care for the people that matter most in our lives, our colleagues, friends, and families. Discover what the research says about the positive impact self-care, self-compassion, and stress reduction has on our quality of life. Through lecture, discussion, meditation, and experiential exercises, you will learn concrete tools to put self-compassion into practice in your daily life.	Both
Smart Money Moves in Your 20's and 30's	For employees who are just out of school to those who are 10 or more years into their career. This workshop offers 10 relevant tips	Both

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	from creating a budget to establishing an emergency fund to making the most of their retirement savings.	
Smart Money Moves in Your 40s, 50s, 60s and Beyond	This workshop covers 10 key practical financial and retirement planning tips to consider in your 40s, 50s, 60s and beyond. Important topics range from managing taxes to having the right asset allocation to setting realistic goals	Both
Stress Induced Affective Disorder: Keep Functioning and Stay Calm in Times of Stress	Adjusting to change can result in emotional stress. This interactive discussion of evidence-based strategies will provide practical tools to maintain purposeful living, emotional calm, and mental health and wellness.	Both
Tax Strategies	This workshop addresses basic tax planning information to help individuals plan in a tax efficient manner. It includes information on record keeping, tax law changes, state and local taxes, tax credits and tax-deferred programs.	Both
Telehealth Do's & Don'ts	Telehealth is the new trend in primary care. However, although it may seem easy and save time, there is a big difference between when to use it and when to be seen in person. Find out what you need to know and ask during a telehealth visit and when you absolutely need to be seen in the office.	On Demand Video
The Journey Inward Learning	Learning to sit in silence is one of the greatest gifts you can give yourself and your family. "Still waters run deep" can be cultivated creating greater peace, better relationships, and more effective ways to process the many thoughts and experiences we have every day that can undermine our peace. Silence is the setting in	Both

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	which the journey inward is best traveled, resulting in awareness of our values and needs and “throwing out the garbage” that can undermine our peace	
The Low Down on Lab Work - Understanding Your Lab Results	Periodic bloodwork is necessary, but the numbers can be challenging to understand. In this session, we will explain what labs are important, what the results mean, and what to do about abnormal labs.	Both
The Power of the PCP Relationship	In the current world of telemedicine and random doctors at Urgent Care Centers, it is still imperative to have a Primary Care Physician that knows you and has the goal to help you be healthy not just today but for the future.	Both
The Roth Advantage in your 20's and 30's	It may be hard for your younger employees to focus on something that's 30, 40 or more years into the future. But saving for retirement is important and Roth accounts may make the most sense for them. Topics include what makes Roth accounts so special, budgeting, power of compounding and tax benefits.	Both
The Scoop on Your Poop - Understanding Constipation and Diarrhea	Constipation and diarrhea are common disorders that affect 1 in 3 people on a daily basis. This session will provide information on why this occurs and what you can do to prevent and/or ease the symptoms of each one.	On Demand Video
The Skinny on Skin Cancer and other Dermatologic Issues	From rashes that appear out of nowhere to Eczema to Skin Cancer and many more skin conditions – this presentation will focus on	Live Onsite or Live Virtual

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	Dermatological disorders that visit most everyone at one time or another.	
The Technical Skill of Compassion	Compassion means 'to suffer with.' If we truly understood the vulnerability of another person, would we not relate better, serve better, and be more generous. Fear is a primal emotion, and the first casualty of fear is compassion. The technical skill of compassion, therefore, is an invaluable tool to create a shift in perspective and emotion, to restore peace and effectiveness in relationships, and to lay the groundwork for forgiveness.	Both
Thyroid Disease - The Highs and Lows	Thyroid disease can be complex and difficult to fully comprehend. This presentation will break it down into understandable and actionable processes	Both
Transform Procrastination Into Action: Why you Avoid and How to Turn Avoidance Into Success	Why you avoid and how to turn avoidance into success Ø What causes avoidance and procrastination? What are your avoidance behaviors? Recognize your patterns of avoidance and procrastination to allow you to more effectively implement tools to transform procrastination into action, avoidance into success.	Both
Understanding Asthma & COPD	More than 26 million Americans suffer from asthma, an additional 14.8 million adults have been diagnosed with COPD, and approximately 12 million people have not yet been diagnosed. This presentation will help you to better understand the causes and symptoms of asthma	Live Onsite or Live Virtual

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	and COPD. You will leave with strategies to manage these diseases and improve your life by reducing the affect they have on your day to day lives	
Understanding Autoimmune Diseases	Did you know that Autoimmune Diseases affect more than 50 million Americans, more than both cancer and heart disease? And Autoimmune Diseases like Celiac Disease and Type 1 Diabetes are on the rise. Researchers have identified 80-100 different autoimmune diseases and suspect at least 40 additional diseases of having an autoimmune basis. These diseases are chronic and can be life-threatening. Yet most people have very little understanding about just what autoimmune diseases are. Dr. Donee will address this major health problem.	Live Onsite or Live Virtual
Understanding Health Savings Accounts	Health Savings Accounts (HSAs), when paired with high deductible health plans, are designed to help with the rising cost of health care while offering triple tax benefits and the opportunity to save for future medical expenses. In this easy-to-understand workshop, employees can learn the HSA “basics” from contributions and distributions to IRS rules and qualified expenses.	Both
Understanding Life and disability Income Insurance	In this workshop, employees will learn the benefits and different types of life and disability income insurance, which types are best suited for different situations and how to determine how much insurance is needed	Both

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Understanding Retirement Healthcare	This workshop will cover important pre- and postretirement healthcare decisions including what Medicare does and does not cover.	Both
Understanding Social Security	Employees will learn about the advantages of delaying Social Security and the effect of earned income and taxation on these benefits.	Both
Understanding Urinary Issues	Many people experience enlarged prostate, urinary tract infections, renal stones and more but they don't always understand the root cause of this uncomfortable situation. This presentation will inform and possibly prevent them from occurring.	On Demand Video
Understanding WHY We Hurt: The Mind-Body Connection Between Stress, Anxiety & Pain	When we hurt, traditional medicine uses X-rays and MRIs to find and treat "the cause." However, new research suggests that the problems seen on these images have very little correlation to the pain we feel. Instead, there is an intimate connection between the mind & body - thoughts, feelings, & emotions can actually fuel pain. Now more than ever, we're faced with uncertainty, stress & anxiety in everyday life. In this training, we use both stories & analogies to help you and your employees understand what pain is, how it develops, and share practical tips & resources for how we can best manage pain in the workplace... and beyond.	On Demand Video
Vaccines & Immunizations	A person receives their first vaccine at just 4 weeks of age. This quick session provides information about adult vaccines, why they are	On Demand Video

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	important, which ones are highly recommended, and which ones are optional.	
What's Your Name Again? Build Effective Relationships One Interaction at a Time	Build effective relationships one interaction at a time Implement other-focused communication to increase mental engagement, relationship building, and skill in building a strong network and in managing difficult personalities	Both
Women and Investing	This workshop includes information on making investment and insurance decisions, advantages of planning and staying on track, maximizing employee benefits and taking control of the distribution of money.	Both
Women's Health	Women's Health Issues are the focus of this presentation. Learn about the conditions and diseases that most effect women and the different ways that women experience symptoms for common conditions as compared to men. For women and the ones who love them.	Both
Your Dependent with Special Needs	This is designed for caregivers of special needs dependents and covers critical issues such as protecting eligibility for government benefits such as Supplemental Security Income (SSI) and Medicaid, providing lifetime care with special needs trusts, selecting appropriate funding vehicles to fund special needs trusts, including life insurance, and choosing a trustee, guardian or conservator.	Both
<b>Value-Added/Turnkey Services</b>		
Annual Well-being Turnkey Solution: Health Empowerment Program	<ul style="list-style-type: none"> <li>• <b>Well-Being Day</b></li> </ul>	Onsite

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	<ul style="list-style-type: none"> <li>• <b>3 On-Site Well-Being Education Presentations</b> (see list of topics)</li> <li>• <b>2 Financial Well-Being Education Presentation</b> (see list of topics) <b>or,</b></li> <li>• <b>Retirewise Series</b> (four sessions)</li> <li>• <b>Day of Massage</b></li> <li>• <b>Introductory Fitness Class</b></li> </ul> <p>(Choose one of the following):</p> <ul style="list-style-type: none"> <li>○ HIIT or Interval Training</li> <li>○ Dynamic PT Exercises for Injury Prevention</li> <li>○ Zumba</li> <li>○ General Fitness</li> <li>○ Tabata</li> <li>○ Boot Camp</li> <li>○ Yoga</li> <li>○ Meditation</li> <li>○ Tai Chi/Qigong</li> </ul>	
<p>Annual Well-being Turnkey Solution: The Beat Goes On Love Your Heart Program</p>	<ul style="list-style-type: none"> <li>• <b>Well-Being Day</b></li> <li>• <b>3 On-Site Well-Being Education Presentations</b> (see list of topics)</li> <li>• <b>2 Financial Well-Being Education Presentation</b> (see list of topics) <b>or,</b></li> <li>• <b>Retirewise Series</b> (four sessions)</li> <li>• <b>Day of Massage</b></li> <li>• <b>Introductory Fitness Class</b></li> </ul>	

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	<p>(Choose one of the following):</p> <ul style="list-style-type: none"> <li>○ HIIT or Interval Training</li> <li>○ Zumba</li> <li>○ Boot Camp</li> <li>○ General Fitness</li> <li>○ Tabata</li> </ul>	
Annual Well-being Turnkey Solution: De-Stress Express	<ul style="list-style-type: none"> <li>● <b>Well-Being Day</b></li> <li>● <b>3 On-Site Well-Being Education Presentations</b> (see list of topics)</li> <li>● <b>2 Financial Well-Being Education Presentation</b> (see list of topics) <b>or,</b></li> <li>● <b>Retirewise Series</b> (four sessions)</li> <li>● <b>Day of Massage</b></li> <li>● <b>Introductory Fitness Class</b></li> </ul> <p>(Choose one of the following):</p> <ul style="list-style-type: none"> <li>○ Yoga</li> <li>○ Meditation</li> <li>○ Tai Chi</li> </ul> <p>Qigong</p>	
Wellness Fair/Wellness Day	<p>Health Fairs can include the following:</p> <ul style="list-style-type: none"> <li>▪ Biometrics: A La Carte or All Inclusive</li> <li>▪ Community and Corporate Massage:</li> <li>▪ Any presentations from Healthy Measures Wellness Program Guide</li> <li>▪ <b>Meet the Expert:</b> Healthy Measures believes in the power of removing</li> </ul>	Live Onsite or Live Virtual

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	walls between practitioners and patients. Have a Healthy Measure Expert set up a table at your health fair to meet your employees, answer questions and provide information in their area of expertise.	
Wellness Challenges	Individual or Group Challenges: Choose between 4-12 week challenges.	Virtual

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