

Utopia Wellcare

We provide corporate wellness and telenutrition services to your employees. Utopia WellCare takes a functional medicine approach with each patient, documenting the individual health history and issues impacting their overall health. We offer one-on-one counseling, group sessions, challenges, and many more engaging programs.

Utopia WellCare makes it easy for people to get trusted advice on how to best manage and treat the health issues impacting their body and mind so they can feel their best and get more out of life.

Serving clients nationwide.

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Website: www.utopiawellcare.com

Program/Service Name	Description	Onsite only, Virtual only, or Both?
Be Active		
8 Week Advanced Training Plan	In this program, we provide an overview and guidance for 8 Weeks of Advanced Training: This advanced training plan consists of 8 weeks, taking you through a series of challenging workouts that will get you to an optimized fitness level. The days will be divided by muscle groups, combined with cardiovascular sessions. Each participant will need access to weights. This advanced program is great for anyone willing put in the work to get fit.	Both

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Beginner 6 Week Plan	<p>In this program, we provide an overview and guidance for 6 Weeks of Beginner exercises: This beginner plan is best performed at the gym. Home gym users will need a bench, dumbbells, a bar with weights, and ankle weights. Clients or patients who are deconditioned and have minor restrictions will find this beginner workout to be an easy way to get back into shape. The plan is delivered by email daily and viewable on Utopia WellCare BodySite App as well.</p>	Both
Healthy Pregnancy Wellness Plan	<p>In this program, we provide an overview and guidance for our Healthy Pregnancy Wellness Plan: This plan is designed to get you moving in the right direction and keep you going throughout your pregnancy. Whether you are wanting to lose a little or a lot of weight or get more active and improve your health, this plan will get you started. It will include a beginning exercise plan along with tips for starting and succeeding on your wellness plan. It will start out slowly and gradually get more challenging through the 8 weeks.</p>	Both

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Losing the Baby Weight - An at Home Plan	<p>In this program, we provide an overview and guidance for losing the baby weight at home: This 8-week program will help to get your body back in shape. This program begins with walking, then adds bodyweight exercises to help rebuild your strength. Each day of this program always starts with a five-minute, slower-paced walk to warm up, and ends with a five-minute, slower-paced walk to cool down. Each week, you will add a longer walk in between your warm-up and cool-down.</p>	Both
Men's 8-Week HRT Home Fitness (for men on hormone replacement therapy -HRT – and working with their physician)	<p>In this program, we provide an overview and guidance for 8 weeks of beginner fitness for Men working with their physicians on hormone replacement therapy: This program is designed for individuals who have one or more of the following complaints: lack of energy, fatigue, loss of mental function, weight gain, and/or low libido. Research has proven that exercise is very important to overcome the symptoms you are experiencing, as many of them are, in part, due to being out of shape or overweight, or both. This plan provides exercises to support overall wellness and weight loss. It is best to have access to a gym for this plan. This plan provides exercises to support activity, wellness and weight loss for individuals working with their physician on HRT (hormone replacement therapy).</p>	Both

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12 Days of Stretching	In this program, we provide an overview and guidance for 12 Days of Stretching: This program consists of various stretching exercises that are focused on loosening muscles to aid in preventing injuries, decreasing stiffness, and increasing blood circulation. Different videos are provided to assist with stretching exercises for different muscle groups.	Virtual
8 Week Toning Plan	In this program, we provide an overview and guidance for 8 Weeks of Toning: This toning plan is designed to get you in shape by performing a combination of strength and cardio training that will get increasingly more challenging as the weeks go on. Each day will begin with short cardio warm-ups, followed by a strength training workout that will train a specific muscle group or a longer cardio workout. After 8 weeks muscle definition will be apparent.	Both

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Basic Walking Plan	<p>In this program, we provide an overview and guidance for our Basic Walking Plan: This walking schedule is based on guidelines from the National Heart, Lung, and Blood Institute and the National Physical Activity Guidelines and can start you on the path to better fitness and health. In this six-week program, the beginner walker will improve overall health and increase energy. Walks start at 10 minutes or less and gradually work up to 30-plus minutes. Health experts have found that about 30 minutes a day of regular moderate exercise is effective for improving health and reducing the risk of many diseases.</p>	Both
Five Day Split Workout	<p>In this program, we provide an overview and guidance for our 5 Day Split Workout: This workout is a five-day split with 2 days' rest. Here is what is recommended: Monday - Chest and Triceps; Tuesday - Back and Biceps; Wednesday - Shoulders and Legs; Thursday - Rest; Friday - Chest, Back and Arms; Saturday - Shoulders and Legs; Sunday - Rest</p>	Both
Get Ripped Plan for Women	<p>In this program, we provide an overview and guidance for our Get Ripped Plan for Women: This 12-week program is designed specifically for women who- are looking to take their fitness to a new level. Whether you're looking to rock that tiny bikini, get in</p>	Both

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Intermediate 8 Week Plan	In this program, we provide an overview and guidance for our 8-week Intermediate Plan: This 8-Week intermediate workout plan is designed for individuals with access to a gym or who have gym equipment. This plan includes strength training workouts and cardio. Days of the week are split up based on the muscle group to be exercised.	Both
Jessica Biel 8-Week Strength Program	In this program, we provide an overview and guidance for an 8 Week Strength Program designed by Jessica Biel: This Push-Pull Program with Cardio, focuses on rotating strength exercises, cardio, warm-ups, cool-downs, and stretches.	Both

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<p>Medical Weight Loss Transition Phase Exercise for 12 Weeks (For individuals who are or have been working with their physician on medical weight loss)</p>	<p>In this program, we provide an overview and guidance for 12 weeks of transition phase exercise: This 12-week transition program is designed specifically for those who are coming off a medical weight loss plan or other supervised weight loss program that already involved an introduction to resistance training and moderately difficult exercise. The program consists of a combination of circuit training, high-intensity interval training, as well as weight training incorporating supersets at different levels. Some days will focus only on specific muscle groups, and some days will be a combination of exercises as well as cardio resistance training. As the weeks progress, the intensity and difficulty of each workout will increase.</p>	<p>Both</p>
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<p>Men's 6-Week HRT Beginner Fitness (for men on hormone replacement therapy -HRT – and working with their physician)</p>	<p>In this program, we provide an overview and guidance for 6 weeks of beginner fitness for Men working with their physicians on hormone replacement therapy: This program is designed for individuals who have one or more of the following complaints: lack of energy, fatigue, loss of mental function, weight gain, and/or low libido. Research has proven that exercise is very important to overcome the symptoms you are experiencing, as many of them are, in part, due to being out of shape or overweight, or both. This plan provides exercises to support activity, wellness, and weight loss for individuals working with their physician on HRT (hormone replacement therapy).</p>	<p>Both</p>
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<p>Men's 8-Week HRT Intermediate Fitness (for men on hormone replacement therapy -HRT – and working with their physician)</p>	<p>In this program, we provide an overview and guidance for 8 weeks of intermediate fitness for Men working with their physicians on hormone replacement therapy: This program is designed for individuals who have one or more of the following complaints: lack of energy, fatigue, loss of mental function, weight gain, and/or low libido. Research has proven that exercise is very important to overcome the symptoms you are experiencing, as many of them are, in part, due to being out of shape or overweight, or both. This plan provides exercises to support overall wellness and weight loss. It is best to have access to a gym for this plan. This plan provides exercises to support activity, wellness and weight loss for individuals working with their physician on HRT (hormone replacement therapy).</p>	<p>Both</p>
<p>Physical Activity Guidelines for 55 and older</p>	<p>In this program, we provide an overview and guidance for Physical Activity Guideline for women over 55: This program addresses best practices and routines when being active over 50. Participants will learn the ideal exercise for those 50 and over: yoga, tai chi, Qi Gong, Pilates, stretching, resistance, cardio, breathing, and rest.</p>	<p>Both</p>

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Six Week Bikini Bootcamp Workout Plan	<p>In this program, we provide an overview and guidance for 6 weeks of Bootcamp workouts to get you bikini ready: This six-week plan is based on a series of strength and circuit workouts, mixed with cardiovascular exercise to build up resistance and burn calories and fat. Each day should be done as instructed, with a short warm-up on circuit days. This plan includes reminders to drink plenty of water, take a rest whenever necessary, eat a balanced diet every day, and refuel on off-days with plenty of rest and water.</p>	Both
Six Week Bootcamp Workout: High-Intensity Workout	<p>In this program, we provide an overview and guidance for 6 weeks of High-Intensity Bootcamp workouts to get you bikini ready: This six-week plan is designed for individuals who are already in shape and ready to tear it up. This plan is based on a series of strength and circuit workouts, mixed with cardiovascular exercise to build up resistance and burn calories and fat. Each day should be done as instructed, with a short warm-up on circuit days. This program includes reminders to drink plenty of water, take rests whenever necessary, eat a balanced diet every day, and refuel on off-days with plenty of rest and water. Dietary advice includes cutting out added sugar, all bread, and as much caffeine, dairy, and alcohol as possible.</p>	Both

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<p>The Lean 13 Exercise Program - Get in Shape in 20 Minutes</p>	<p>In this program, we provide an overview and guidance for our Lean 13 Exercise program that gets you in shape in 20 Minutes a day: This plan lasts for 13 weeks and can make an enormous impact on your life in just 20 minutes a day. Since there are 3 workouts per week, you'll exercise only an hour a week for just 13 total hours in 13 weeks. This program is designed to help you feel healthier and stronger and as a result, you'll probably also be smaller and have lower body fat, which is good for many health reasons.</p>	<p>Both</p>
<p>True Beginners Exercise Only Plan</p>	<p>In this program, we provide an overview and guidance for 8 weeks of workouts for true beginners: This plan is designed to get you moving in the right direction and keep you going. Whether you are wanting to lose a little or a lot of weight or get more active and improve your health, this plan will get you started. It will include a beginning exercise plan along with tips for starting and succeeding on your wellness plan. It will start out slowly and gradually get more challenging through the 8 weeks. As a beginner you will start walking 5 - 10 minutes at a time and will gradually move up to at least 30 minutes per session; add no more than 5 minutes at a time. It is better to lengthen your walks before increasing your intensity.</p>	<p>Both</p>

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Women Over 40 Six Week Shape Up	<p>In this program, we provide an overview and guidance for 6 weeks of Shape-Up workouts ideal for women over 40: This program is geared toward getting you on the road to fitness and better health by treating each person as an individual and focusing on helping you feel better inside and out. This plan includes daily recommendations for vitamins and supplements, exercise recommendations, and other lifestyle recommendations. Each day individuals receive strength training workouts and cardio. Days of the week are split up based on the muscle group to be exercised.</p>	Both
Be Nourished		
28 Day Mediterranean Diet	<p>In this program, participants will learn the basics of the Mediterranean Diet, receiving an overview along with guidance on how to implement it. Participants will receive a 28 Day heart-healthy eating plan that incorporates the basics of healthy eating characterizing the traditional cooking style of countries bordering the Mediterranean Sea, focusing on whole foods, while minimizing processed foods and added sugars. This plan provides clients with a 28-day menu cycle including breakfast, lunch, dinner, and snack options.</p>	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.

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<p>3 Steps to Men’s Wellness: Learn the importance of Antioxidants, Detoxification, and Cellular Repair for your health</p>	<p>Participants will learn different areas of wellness, including antioxidant enhancement, defense, and repair systems, improving cellular health, and promoting a healthy immune response through foods and nutrition.</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>
<p>3 Steps to Men’s Wellness: Learn the importance of Antioxidants, Detoxification, and Cellular Repair for your health</p>	<p>Participants will learn different areas of wellness, including antioxidant enhancement, defense, and repair systems, improving cellular health, and promoting a healthy immune response through foods and nutrition.</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>
<p>3 Steps to Women’s Wellness: Learn the importance of Antioxidants, Detoxification, and Cellular Repair for your health</p>	<p>Participants will learn different areas of wellness, including antioxidant enhancement, defense, and repair systems, improving cellular health, and promoting a healthy immune response through foods and nutrition.</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>

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<p>3 Steps to Women’s Wellness: Learn the importance of Antioxidants, Detoxification, and Cellular Repair for your health</p>	<p>Participants will learn different areas of wellness, including antioxidant enhancement, defense, and repair systems, improving cellular health, and promoting a healthy immune response through foods and nutrition.</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>
<p>Anti-Inflammatory Meal Planning and how it can help you feel better</p>	<p>In this program, participants will learn the basics of the Anti-inflammatory meal planning, receiving an overview along with guidance on how to implement an Anti-inflammatory meal plans as well as how these foods can benefit you. This plan is helpful for anyone who has aches and pains or just wants a nice boost of energy and reductions on their waistline. It can also help folks with issues with gas and bloating and food sensitivities. Learning how to implement an anti-inflammatory meal plan will help you foster life-long changes that improve one's health and well-being.</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>

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Clean28 Healthy Life	In this program, participants will learn the basics of Clean Eating receiving an overview along with guidance on how to implement it. The Clean 28 Healthy Life Program is a practical and healthy diet plan that focuses on eating whole foods, including lean meats, fruits and vegetables, and healthy fats (avocados, olive oil, and nuts). This dietary plan emphasizes a low-carb, moderate protein, moderate fat diet, never exceeding 1200 calories, in which carbohydrates never go over 20% per day.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
DashDietRx™ - Your Prescription for a Heart-Healthy Lifestyle	In this program, participants will learn the basics of the DashDietRx, receiving an overview along with guidance on how to implement it: This program sends daily content in an email that includes your meals for that day. You can log in to your account on a web browser or in the app to access any Bonus Content such as the Guide, 28-day Meal Plan, or grocery shopping lists.	Virtual only
DashDietRx™ - Your Prescription for a Heart-Healthy Lifestyle	Learn the principles of the Dash Diet and how to follow it for better heart health. Participants of this program will receive daily content in an email that includes your meals for that day. You can log in to your account on a web browser or in the app to access any Bonus Content such as the Guide, 28-day Meal Plan, or grocery shopping lists.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.

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<p>Functional Nutrition Fundamentals Eating Your Way to Better Health - LM</p>	<p>This program is an introduction to what Functional Nutrition is all about, finding the right way for each of us as individuals to eat—using food to maximize the potential for health and reverse dysfunction or disease. There is no single “right diet” that applies to this program but instead you will be guided and supported by a dietitian to develop an eating plan that best suits your unique individual needs.</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>
<p>Gluten-Free Mediterranean Diet</p>	<p>This program teaches you all about the Gluten Free-Mediterranean diet. It incorporates colorful fruits and vegetables, hearty fish — plus a splash of flavorful olive oil and perhaps even a glass of red wine — among other components characterizing the traditional cooking style of countries bordering the Mediterranean Sea. Although historically rich in grains, this diet is easily made gluten-free.</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>
<p>Healthy Habits, Healthy You: Learn new skills and habits needed for a healthy lifestyle</p>	<p>Learn new skills and habits to help you embrace a healthy lifestyle. This Program goes over the key steps needed for healthy living. This is a great program for the person who wants support in establishing and reaching their health and wellness goals.</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>

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<p>Intermittent Fasting for Healthy Weight Loss: Learn why it may or may not be for you.</p>	<p>In this program, participants will learn the basics of intermittent fasting for health and weight loss, receiving an overview along with guidance. Participants will learn how Intermittent Fasting can support healthy Weight Loss. We will share practical, healthy, and safe weight loss tips needed for a successful intermittent fast. Learn the pros and cons. It is all about eating healthy foods and actions.</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>
<p>Is an Elimination Diet Right for You?</p>	<p>This program is ideal for people who want to learn what an elimination diet is used for, who can benefit and what to expect from using it. This is great for people who have sensitivities, allergies, skin outbreaks, stomach problems, low energy, headaches and more.</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>
<p>Leaky Gut Program: Is a leaky gut meal plan right for you</p>	<p>This program provides the basics of a leaky gut meal plan and who can benefit from using it. Participants will receive an overview and guidance for 40 days of healthy breakfast, lunch, and dinner recipes that will help to heal the gut, eliminate harmful bacteria, and restore good bacteria. Each day you'll be given specific tasks that are intended to bolster your overall health goals as well as remind you to take your supplements.</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>

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Learn about Cross Reactions Between Food and Environmental Allergens	<p>This program helps individuals take control of their health by helping them understand that cross-reactivity occurs when the proteins in one substance are like the proteins in another. As a result, the immune system sees them as the same. In the case of food allergies, cross-reactivity can occur between one food and another. Cross-reactivity can also happen between pollen and foods or latex and foods. This program can help individuals figure out trigger foods and learn to minimize or eliminate them.</p>	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Learn an integrative approach to Breast Health	<p>Participants will learn what is included in an integrative nutrition breast health program. Learn what foods and nutrients are needed to support hormones, neurotransmitters, and hormone signals to promote good overall health.</p>	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Learn an integrative approach to Breast Health	<p>Participants will learn what is included in an integrative nutrition breast health program. Learn what foods and nutrients are needed to support hormones, neurotransmitters, and hormone signals to promote good overall health.</p>	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.

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Learn an integrative approach to good hormonal health after 50	This program supports the repletion of key nutrients needed for healthy hormone balance as we age. Using a detoxification meal plan and key botanicals, balancing hormones for improved resilience, mood, energy, and weight are possible.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Learn an integrative approach to healthy weight loss, reduced blood pressure, and better cholesterol	Participants will learn ways to improve weight, blood pressure, and cholesterol through diet, nutrition, and lifestyle approaches.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Learn an integrative approach to healthy weight loss, reduced blood pressure, and better cholesterol	Participants will learn ways to improve weight, blood pressure, and cholesterol through diet, nutrition, and lifestyle approaches.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Learn an integrative approach to improve memory and focus for postmenopausal women	Participants will learn ways to reduce cognitive decline and improve memory and focus through diet, nutrition, and lifestyle approaches.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.

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Learn an integrative approach to improve memory and focus for postmenopausal women	Participants will learn ways to reduce cognitive decline and improve memory and focus through diet, nutrition, and lifestyle approaches.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Learn an integrative approach to lessen PMS	Participants will learn ways to reduce PMS symptoms through diet, nutrition, and lifestyle approaches.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Learn an integrative approach to lessen PMS	Participants will learn ways to reduce PMS symptoms through diet, nutrition, and lifestyle approaches.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Learn an integrative approach to supporting Ovarian Health	This program is geared toward women's health including female reproductive hormones, neurotransmitters, and hormone signals to promote good overall health. Participants will learn the key foods, nutrients, and lifestyle habits that support these.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.

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Learn an integrative approach to supporting Ovarian Health	This program is geared toward women's health including female reproductive hormones, neurotransmitters, and hormone signals to promote good overall health. Participants will learn the key foods, nutrients, and lifestyle habits that support these.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Learn an integrative approach to weight loss and long-term weight Maintenance	Participants will learn 5 simple steps to losing weight and keeping it off long-term. This program includes a 12-week meal plan incorporating the 5 simple steps.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Learn How to Meal Plan with Gluten-Free Foods	This program will provide you with all the information you need, day to day, to follow a Gluten-Free diet. It will give you guidelines, tips, food lists, and meal ideas to help you easily enjoy the Gluten-Free diet lifestyle for better health.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Learn how to meal plan with Paleo Principles	This program will provide an overview and guidance on Paleolithic meals and meal planning. The Paleo Diet is based on eating modern-day foods that mimic foods of our pre-agricultural Revolution (about 333 generations ago), eating unprocessed "real" foods such as meat, seafood, eggs, vegetables, fruits, and nuts.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.

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Meal planning for Improved Energy	<p>Learn how to meal plan for Improved Energy. The Mitochondria Health Program is an anti-inflammatory, low-glycemic, gluten-free, low-grain, high-quality fats approach to eating. The plan focuses on supporting healthy mitochondria using therapeutic foods that improve energy production. You will learn how to use the principles of the plan to support cellular energy production, overall vitality, and healthy aging, using food for optimal energy while preventing accelerated aging in your most susceptible tissues.</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>
Optimize Your Health Program: Learn how to Meal Plan without counting calories.	<p>This is an overview of our 28-Day Program: Participants will learn the premise of this Paleo diet program: It's not low calorie or low fat. There is no calorie counting or food weighing. It is not so much a diet for weight loss but more of a nutritional approach to help to optimize your health, minimize your risk of chronic disease and help you lose weight. The emphasis is on the quality of foods you consume. You are encouraged to buy local, organic, grass-fed foods as much as possible and avoid processed, refined, and packaged foods including grains, legumes, and excess sugar (especially fructose). You will be amazed at how great you feel, and your friends will comment on how wonderful you look!</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>

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<p>Plant-Based Diet & Meal Planning</p>	<p>Learn how to meal plan with a plant-based diet. This program is a way of eating that focuses on whole, clean, natural foods that have had no chemical processing or genetic modifications involved from the point of creation to delivery to your plate. This diet differs from the vegetarian and vegan diets in that it permits animal food products like meat, dairy, fish, and eggs. However, most of the required protein comes from plant sources and animal products must also comply with the principle of eating foods that have had little to no chemical processing or treatment involved.</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>
<p>Understanding Low Carb Foods and Meal Planning.</p>	<p>Learn what low carbohydrate foods are and how to incorporate them into a meal plan that helps optimize your health.</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>

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Vegan Plant-Based Diet	<p>This program is great for those dealing with a chronic disease. For this program, you will be following the complete vegan, plant-based approach. The nutrition guidelines for a vegan lie heavily on variety. Following the vegan, plant-based guidelines of eating means: not eating meat, fish, or poultry, but also any animal by-products like eggs, dairy, and honey. Instead, meals focus on generous portions with a variety of fruits, vegetables, leafy greens, whole grain products, nuts, seeds, and legumes. Protein requirements can easily be met with adequate calorie intake and with a focus on a variety of vegan food groups.</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>
Vegetarian Diet - (30 Day)	<p>This vegetarian program will serve as a guide to provide you with all the tools to easily transition from your current diet to a vegetarian lifestyle that fits your needs.</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>

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<p>Weight Loss Roadmap (5 Phases: Education, Elimination, Reintroduction, Transition, Healthy for Life)</p>	<p>The Weight Loss Roadmap is the last diet you'll ever need. Why? Because this is not a "diet" in the way you think of diets. Losing weight and getting to the healthy size and shape that your body is meant to be in, is not about a diet. It's about a lifestyle change. This roadmap is your complete guide to losing weight and keeping it off, for life. Our Dietitian provides you with the support and the skills you need after the diet phase, so you can stick to a plan that works for your lifestyle. And a lasting understanding of how easy it is to switch to healthy living habits, in a practical and joyous way, every day for the rest of your life.</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>
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<p>What is a Low FODMAP Diet, and can it benefit my health?</p>	<p>FODMAPs or High FODMAPs are certain carbohydrates (sugars) found in foods. These foods are known to pull water into the intestinal tract, resulting in poor digestion/absorption, and could be fermented by bacteria in the intestinal tract, producing unwanted gas or diarrhea. This program provides the basics on a low FODMAP meal plan and who can benefit from using it. Participants will receive an overview and guidance beginning with a 3-week elimination phase, in which you will learn safe and healthy ways to eliminate High FODMAP foods from your diet. Participants will learn to nearly eliminate or at the very least minimize food-related symptoms to examine more easily which High FODMAP foods are bothering them in Phase II. Phase II will aid in the observation of which foods you can tolerate and those you cannot and in what quantities.</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>
<p>What is Healthy Weight Loss?</p>	<p>In this program, participants will learn the basics of healthy weight loss, receiving an overview along with guidance on how to incorporate key principles and foods into daily life. This Healthy Weight Loss Program is a practical, healthy, and safe way to learn about effective weight loss tools. It is all about learning how to eat healthy foods and take healthy lifestyle actions that promote weight loss and maintenance for life.</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>

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Be Energized		
12 Days of Stretching	This is a 12 Day Whole body stretching program that incorporates a warm-up, cooldowns, yoga, neck, shoulder; abs Core; Hips; Mobility; calf, quadriceps, Myofascial relief for Mid Back; Myofascial Relief for quadriceps; routines and more	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Better Mental Health & Memory: Learn Key Nutrients and Supplements needed to support Mental Health & Memory	Participants will learn the key nutrients and supplements geared towards brain functions, neurotransmitters, and hormone signals to promote good overall health and mental clarity.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Breathing Techniques to Soothe the Soul	15 - 60-minute Mini-Course: Learn and experience how abdominal breathing can help you to relax, reset, and refocus	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Cultivating Self-Awareness and Mindfulness	15 - 60-minute Mini-Course: Learn tools and experience what it feels like to cultivate self-awareness and mindfulness to anchor yourself in the present to improve your health and happiness	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.

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Health Benefits of Napping	15 - 60-minute Mini-Course: With the hectic pace of day-to-day life, many people don't get the recommended amount of sleep each night. Combat the effects of sleep deprivation—and repay some sleep debt—by incorporating daytime napping into your schedule. Learn the most beneficial nap types and lengths.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Learn an integrative nutritional approach to mental health	Participants will learn what is included in an integrative nutritional approach to mental health that is geared towards foods and nutrients that support brain functions, neurotransmitters, and hormone signals to promote good overall health and mental clarity.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Meditation How to Get Started	15 - 60-minute Mini-Course: Improve productivity and mood while promoting health by learning simple 3-minute meditations. Even in small doses, meditation changes brainwaves and improves resilience.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Mindfulness for Insomnia and Sleep Disorders	15 - 60-minute Mini-Course: Learn mindfulness techniques to combat Insomnia and Sleep Disorders. Daytime mindfulness activities can improve overall health and contribute to a healthy, deep rest.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.

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Power of Rest in Creating Optimal Health	15-60 minute Mini-Course - Learn how to focus on the process of restoration, to take charge of your health and wellness. Learn mental, physical, and/or emotional restorative activities that help to promote resilience.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Resources and Referrals - Mindfulness and Restoration	15-60-minute Mini-Course - Learn the Resource: Books, Devices, Wearables, Journals, Apps; Websites that are helpful for Improving Mindfulness	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Strategies for Better Sleep: Learn valuable tips	This is a 60-minute Mini-Course. This program is perfect for anyone having difficulty falling asleep, staying asleep, or not getting refreshing sleep. Know that if this is you, you are not alone. It's time you got proper sleep. Learn the key habits, foods, and activities to achieve proper sleep. Activity: We utilize the Sleep Questionnaire during this program. Learn Key Suggestions for achieving better sleep. Also, learn Key Nutrients and Supplements to support more restorative sleep	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.

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Strategies for Transforming Stress	15 - 60-minute Mini Course - You are not alone. "The time to relax is when you don't have time for it." —Sydney J. Harris; Learn and Experience Strategies for Transforming Stress	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Tips to Incorporate Mindful Movement Every Day - LM	15 - 60-minute Mini-Course - Mindfulness brings a new dimension to the movement. Rather than moving for the sake of moving, or to accomplish a goal, mindful movement is practiced, anchoring the body in the present moment.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Be Empowered		
4Rs of Gut Healing	The four R's protocol (Remove, Replace, Re-inoculate, Repair) works to address the underlying causes of imbalance and aids in alleviating symptoms. The first step in this program is to determine the best approach for the individual's particular situation and symptoms, then move through these four steps.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Diet, Nutrition, and Lifestyle Journaling -	15-60 minute Mini-Course: Learn how to create a diet, nutrition, and lifestyle journal to optimize your health.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.

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Goal Setting for Behavior Change	15-60-minute Mini-Course: Learn how to set S.M.A.R.T goals for behavior change to consciously improve your health. Let our Dietitians guide and support you on your path to better health on your terms.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Healthy Aging	This evidence-based program based on a key component of the National Council on Aging's Guideline addresses key components of healthy aging with a focus on meal planning that supports nutrient quality that helps with fall prevention, chronic disease self-management, and ways to reverse some conditions, mental health support, oral health, activity, productivity and quality of life.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Healthy Living COVID-19	Protect yourself against COVID-19 with practical measures and steps that you can take right now, from your own home. The Healthy Living COVID-19 program is a 30-day plan that includes daily healthy recipes, 21 mindfulness videos to reduce stress and anxiety, daily recommendations to protect yourself from the coronavirus, stretching and yoga routines, and updates as well as tips from the CDC and WHO.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.

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<p>Importance of Gut Health after 50</p>	<p>Gut Health plays a significant role in healthy aging. This program is designed to help participants over 50 optimize their gut health to support mood and mental health, energy, sleep, focus, aches, and pains.</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>
<p>Learn how to build a strong and balanced immune system</p>	<p>Participants will learn the foods and nutrients needed to support both innate immunity and Th1 response; to promote cytokine balance and cell-mediated immunity (including natural killer cell and macrophage activity), as well as healthy Th1 cell status.</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>
<p>Learn how to reduce heartburn and acid reflux</p>	<p>Participants will learn the key foods, supplements, and lifestyle activities that can reduce or help resolve upper GI issues for the proper functioning of the upper gastrointestinal tract to promote good overall health, digestion, and nutrient absorption.</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>
<p>Learn Key Foods needed to support a Healthy Microbiome</p>	<p>Participants will learn the key foods and lifestyle activities that influence a healthy, well-functioning microbiome in the gastrointestinal tract to promote good overall health, digestion, and nutrient absorption.</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>

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Practicing Gratitude with a Gratitude Journal	15 - 60-minute Mini-Course - “When I started counting my blessings, my whole life turned around.” —Willie Nelson; Learn how to turn 15 minutes of daily journaling into a lifetime of health and wellness	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Reducing Exposures to Harmful Chemicals	15 - 60-minute Mini-Course - Learn the 10 Categories of the toxic chemical that may be sabotaging your weight loss, mood, and overall health. Learn tactics for reducing exposure and improving your body’s resiliency when or if exposure occurs.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Resources and Referrals - Active Living (Exercise and Fitness)	15-60-minute Mini-Course - Learn the Resource: Books, Devices, Wearables, Journals, Apps; Websites that are helpful for living an Active Life	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Resources for Wearable Devices and Tracking Tools	15-60-minute Mini-Course - Learn and Compare Devices & Wearables to support you in tracking your Health Journey.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.

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Restoration Prescription	15-60-minute Mini-Course - Creating a Restoration Prescription to jump-start your wellness	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Strategies for Understanding the Importance of Colon Transit Time	This program educates individuals on a series of steps that include learning the length of food transit time and foods used to aid digestion to a more normal range.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
The Power of Movement - Living an Active Lifestyle	This Program provides an overview of and guidance for “The Power of Movement” plan designed for the true beginner in exercise and wellness. Whether you are looking to lose a little or a lot of weight, or just want to get active and healthier, this plan will get you started. It will start out slow and will gradually get more challenging as the weeks progress. This is a comprehensive true beginners wellness plan. It will start out with basic tips for successful weight management and an exercise plan that starts at the beginner’s level and gradually become more challenging over time.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.

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The True Beginners Guide to Wellness	<p>This Program provides an overview of and guidance for “The True Beginners Guide to Wellness” plan designed for the true beginner in exercise and wellness. Whether you are looking to lose a little or a lot of weight, or just want to get active and healthier, this plan will get you started. It will start out slow and will gradually get more challenging as the weeks progress. This is a comprehensive true beginners wellness plan. It will start out with basic tips for successful weight management and an exercise plan that starts at the beginner’s level and gradually become more challenging over time.</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>
Toxin Exposure - Are you at Risk?	<p>15 - 60-minute Mini-Course - Take the Assessment to determine your Toxin Exposure Level & Learn the 10 Categories of the toxic chemical/s that may be sabotaging your weight loss, mood, and overall health. Learn tactics for reducing exposure and improving your body’s resiliency when or if exposure occurs.</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>

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Welcome to Wellness!	This program provides an overview of what working with a Functional Nutritionist can do for one's health and wellness. We answer questions and address concerns. This program is great for someone considering working one on one with a nutritionist or who just wants to learn more about the benefits of one-on-one coaching. This program allows prospective patients and newly acquired patients to get acquainted with Utopia WellCare and some introductory details of what options Utopia WellCare Dietitians can offer you for a healthier lifestyle.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
What you need to know about Dental Amalgam Filling Removal?	This is a 60-minute Mini-Course – designed to bring greater awareness to the health effects and concerns around dental amalgam fillings and their removal. In this course, participants will understand the importance of identifying the reasons for removal; learn the importance of discussing them with their health practitioner; along with some best practices behind dental amalgam removal: Learn Safety techniques and benefits of removal.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Value-Added/Turnkey Services		

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21 Days of No Added Salt	This 21-day challenge gets participants to remove added salt from their daily intake. Participants learn how to make mouthwatering tasty dishes using fresh and dried herbs, spices, and more. This is a great challenge for individuals wanting to improve their blood pressure.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
21 Days of No Added Sugar	This 21-day challenge gets participants to remove added sugars/sweeteners from their daily intake. Participants learn how to make healthy swaps that increase energy and vitality.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
5 Minute Meditations	This 7-day challenge gets participants to experience the joys and relaxation of adding a 5-minute meditation regimen to one's daily routine. Participants will learn multiple 5-minute meditations they can incorporate into their daily lives.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
All My Ducks Are in Order: Preventive Care Screenings Challenge	This is a 90 Day (12-week) program where participants have the option to work as an individual or as a team in getting all their annual preventive health screenings completed. This program reinforces health tools provided by participants' insurance carriers as well.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.

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Chew on This	This 7-day challenge gets participants to be mindful of the importance of thoroughly chewing food. Participants will experience the joys of improved digestion with less gas, bloating, and indigestion. Participants will learn techniques to support the autonomic nervous system and stress management techniques associated with chewing.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Cleaning Out Your Cupboards	This 1-day challenge gets participants to clean out and clean up their cupboards from health draining to health-supportive foods, spices, herbs, and more.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Eat the Rainbow	This is a 2-week challenge to get participants to consume a variety of colorful produce foods daily.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Embrace the Outdoors: Healthy Habits Scavenger Hunt	This is a 14 Day (2-week) program where participants are encouraged to get outdoors. Working in teams (family, friends, coworker groups), participants are encouraged to complete an outdoor scavenger hunt made up of activities that support health and fitness.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.

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Fabulous with Fiber	This is a 2-week challenge to get participants to consume an extra 15 – 20 grams of fiber daily.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Get In Shape Inside & Out	This is a 30 Day (4-week) program where participants learn the environmental toxins that may be sabotaging their health & weight loss efforts; and learn the key steps, nutrients, foods, and activities to support healthy long-term weight loss and improved health.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
I Want Better Sleep	This 7 -day challenge gets participants to be mindful of the importance of good quality sleep on health, weight loss, stress management, and brain health. Participants will learn what lifestyle actions, activities, foods, and nutrients support a better night’s sleep.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
New Year New You: Get Healthy Now Challenge	This is a 14 Day (2-week) challenge where participants learn the basics of healthy eating and the key steps to support a healthy lifestyle.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.

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The Power of Protein	This 2-week challenge gets participants to better understand and implement the use of protein for better health.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Walking	This is a 2-week challenge – This challenge allows you to link your tracking device to our app to monitor and meet your daily walking goals. You will receive an electronic Prize each time you reach your set goals	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Water & Hydration Challenge	This is a 1 week – This challenge is based on individual needs. Participants will learn about water quality learn to calculate their individual goals, determine signs and symptoms of proper hydration and so much more.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.
Weight Loss Challenge	This 28 -day challenge gets participants to work in groups to achieve weight loss by focusing on improving elimination, detoxification, inflammation, clean eating, and exercise. Participants groups with the biggest weight loss percentages earn bragging rights and more.	Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.

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<p>Welcome to Utopia WellCare - 365!</p>	<p>This is our Weekly Affirmations and Health Tips Guide that gets dripped out to your email to keep you motivated to stay in your health and wellness zone to get the results you deserve.</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>
<p>Wellness Day</p>	<p>This is a wellness day with interactive awareness & educational information. The wellness event offers raffles, prizes and giveaways. Each participant is provided with a tracking card or “Wellness Passport” to be stamped after each activity. After participants have visited a certain number of booths, they are eligible for a free gift or to enter a grand prize drawing.</p>	<p>Virtual. Can Be offered in person upon request and pending participation quota is met. The quantity of in-person participants is based on market conditions and regions.</p>

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