

MYLIFE MYPLAN

STAYING HEALTHY

Self-Paced At-Home Programs



Staying Healthy is an award-winning collection of nutrition, fitness, tobacco cessation, and healthy programs to help participants improve their health and prevent disease in the comfort of their home.

For more information, visit:
wellnessforme.com

OptimaHealth 
A Service of Sentara

Optima Health is the trade name of Optima Health Plan, Optima Health Insurance Company, and Sentara Health Plans, Inc.

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Eating for Life is an award-winning educational program that helps participants develop healthy eating and exercise habits.

Get Off Your Butt: Stay Smokeless for Life is an educational program offering support for anyone who wants to quit tobacco use.

Guided Meditation is a program that invites listeners to experience a calm, peaceful retreat from everyday stressors.

Healthy Habits Healthy You is a program that offers helpful ways to prevent type 2 diabetes and heart disease by making healthy food choices, managing body weight, exercising, and finding ways to relax and get more sleep.

MOVEMENT PROGRAMS

Tai Chi is a program that helps your body to mentally and physically relax. The movements enhance your blood flow, release muscle tension, and improve your balance.

MoveAbout is a program that focuses on increasing regular activity. It includes information to encourage incorporating movement into daily activities.

Yoga programs include stretching and strengthening exercises to help improve flexibility, strength, and cardiovascular health. Chair Yoga is also available.

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