

LEARNING CENTER

The Wellworks For You Learning Center, available on the Wellness Portal, is a self-study platform designed to educate, inform, and inspire behavioral change.



SERIES



Nutrition



Fitness



Mind & Body



Mental Health



Chronic Conditions



Podcast



Premium

Video Title, Description, and Run Time	Categories
Creating an Action Plan to Get Moving! Whether you are looking to enhance your physical fitness, or have been needing a push to get more active, the Wellworks For You Physical Activity e-Learning Series will prepare you with the tools you need to create an action plan to get moving! Total Run Time: 1:31:55 The Components of Physical Fitness: 8:21 Benefits of Physical Activity: 12:26 Choosing the Correct Equipment: 26:05 The FITT Principle: 16:42 Setting SMART Goals: 7:33 Organizations and Emerging Trends: 10:48	

Diabetes Management and Education This interactive program is designed to help you navigate a prediabetes or diabetes diagnosis. Receive education on nutrition, exercise, the importance of mental health and support, following your doctor's care plan, and staying on track with tests, exams, and immunizations that will help you live a healthy and fulfilling life with diabetes. Total Run Time: 1:07:47 Understanding Diabetes: 8:29 Nutrition and Diabetes: 12:45 Exercise and Diabetes: 12:44 Treatment and Care: 11:05 Mental Health, Stress Management, and Finding Support: 7:37 Self Management: 15:07	
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Dr. Sue Kim's: Love Your Heart Guide The Love Your Heart e-Learning Series is a 7-week video series focusing on hazards and tips for strong heart health. This series will be hosted by Dr. Sue Kim. Total Run Time: 32:16 The Basics: 5:42 Food Matters: 7:01 Physical Exercise: 5:32 Get Some Zzzs: 3:57 Stress: 2:09 Smoking: 3:48 Reducing COVID-19 Transmission: 4:07	
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Video Title, Description, and Run Time	Categories
Feel Your Best with Proper Ergonomics This self-guided musculoskeletal course, hosted by InstaCare's Dr. Dan Luczka, DPT, PT, CSCS, FMS, will provide exercises to techniques for proper desk setup, lifting mechanics, and how to avoid pain for the office worker. Total Run Time: 13:24 Ergonomics Part One: 3:39 Ergonomics Part Two: 5:07 Ergonomics Part Three: 4:38	

Healthy Mom, Healthy Baby Pregnancy, childbirth, and the months that follow are filled with excitement, anticipation, and lots of new information to learn. This series is a 6-session course designed to help educate you on the basics of a healthy pregnancy. Learn about proper prenatal care and lifestyle factors, such as nutrition, exercise, and sleep. Additionally, we will talk about common pregnancy discomforts, how to prepare to bring your baby home, and tips, tricks, and strategies for successfully returning to work. Total Run Time: 1:16:45 A Healthy Start: 11:12 Lifestyle Factors: 10:03 Lifestyle Factors Continued: 10:47 Common Discomforts and Possible Complications: 12:22 Preparing for Baby: 14:28 The 4th Trimester: 17:53	
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Heart Health Guide The Heart Health e-Learning Series focuses on disease prevention and tips to maintain a healthy heart. This comprehensive overview is a 6-week video series to uncover the risk factors associated with heart disease. Total Run Time: 1:29:57 Introduction: 8:19 Know Your Numbers: 9:28 Weight Management: 12:23 Heart Healthy Diet: 26:44 Exercise and Stress: 22:38 Other Risk Factors: 10:25	
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How Sleep Affects Your Overall Health and Wellbeing Sleep affects our physical and mental health. By practicing good sleep habits and a relaxing bedtime routine, we can increase the quality and quantity of our sleep helping us to feel better overall. We will address a variety of strategies and lifestyle behaviors to assist us in getting restful nights of sleep on a regular basis. Total Run Time: 1:39:07 Understanding Sleep: 14:08 Sleep Environment: 18:02 Mastering Sleep: 17:14 Sleep Disorders and Tips for Shift Work: 16:13 Stress and Other Effects on Sleep: 17:31 Creating Healthy Sleep Habits: 15:59	

How to Build a Sleep Routine The Sleep Talk e-Learning Series is a 5-week video series focusing on the many factors that affect your sleep patterns. This series will be hosted by Mark Schillinger, who will guide you to build a better sleep routine. Total Run Time: 1:35:45 Self-Management: 14:31 Managing Symptoms: 19:34 Nutrition: 11:56 Exercise: 12:49 Weight Management: 12:22 Communication: 13:57 Resources & Support: 6:56 Planning For The Future: 3:40	
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How to Live Your Fullest Life with Diabetes The Wellworks For You Living Well with Diabetes e-Learning Series is an interactive program to help participants navigate a prediabetes or diabetes diagnosis. Total Run Time: 1:13:18 Understanding Diabetes: 8:47 Nutrition and Diabetes: 14:07 Exercise and Diabetes: 13:53 Treatment and Care: 11:48 Mental Health, Stress Management, and Support: 7:42 Self-Management: 17:01	
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Video Title, Description, and Run Time	Categories
How to Maintain Healthy Eating When Stressed The Nutrition Talk e-Learning Series is a 5-week video series focusing on making mindful food choices while managing stress. This series will be hosted by Carla Hernandez. Total Run Time: 31:00 What is Stress?: 3:17 Nutrition and Performance: 3:39 Foods to Combat Stress: 7:39 Snacking: 3:56 Proteins, Fats, and Nutrients: 12:29	

How to Maintain Mental Wellness Under Quarantine Wellworks For You has partnered with Healbright to offer a free mental health program designed to address the stress caused by the COVID-19 Pandemic. This free online course is designed to help you reduce stress and develop resilience from home. Total Run Time: 39:36 Course Disclaimer: 0:20 Course Introduction: 10:32 Stress: Impacts of Chronic Stress: 3:05 Stress: The Butterfly Hug: 3:06 Resilience: 6 Pillars of Resilience: 5:43 Resilience: Your Personalized Plan: 4:42 Resilience: Cultivate a Narrative: 5:24 Understanding Resiliency: 6:44	
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How to Prevent Injury This self-guided musculoskeletal course, hosted by InstaCare's Dr. Dan Luczka, DPT, PT, CSCS, FMS, will discuss ways to prevent injuries for an active individual including: proper warm ups, strengthening programs, sleep hygiene, and the facts & myths when seeking treatment. Total Run Time: 12:04 Injury Prevention Part One: 2:28 Injury Prevention Part Two: 4:34 Injury Prevention Part Three: 5:02	
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How to Properly Foam Roll

This self-guided musculoskeletal course, hosted by InstaCare's Dr. Dan Luczka, DPT, PT, CSCS, FMS, will discuss the benefits of foam rolling, demonstrate various techniques for upper & lower body, and demonstrate various strengthening exercises with your foam roller.

Total Run Time: 28:17

Foam Rolling Part One: 1:33

Foam Rolling Part Two: 6:56

Foam Rolling Part Three: 5:43

Foam Rolling Part Four: 6:00

Foam Rolling Part Five: 8:05



Lower Back Health and Care

This self-guided musculoskeletal course, hosted by InstaCare's Dr. Dan Luczka, DPT, PT, CSCS, FMS, will discuss the anatomy, common injuries, treatments, pros & cons of treatments, and cover mobility and strengthening exercises of the low back.

Total Run Time: 1:06:56

Low Back Pain Part One: 7:28

Low Back Pain Part Two: 6:42

Low Back Pain Part Three: 6:05

Low Back Pain Part Four: 3:55

Low Back Pain Part Five: 5:40

Low Back Pain Part Six: 6:05

Low Back Pain Part Seven: 5:27

Low Back Pain Part Eight: 7:53

Low Back Pain Part Nine: 8:49

Low Back Pain Part Ten: 9:02



Mindfully Managing your Weight

The Weight Management e-Learning Series is a 6-week video series focusing on healthy weight management. This series encourages employees to reevaluate the way they look at their weight, the scale, and gives them the foundation to begin making healthier choices.

Total Run Time: 1:06:17

Introduction: 10:55

Overview of Weight Gain, Loss, and Maintenance: 7:12

Tips for a Safe and Healthy Weight Loss: 14:03

Nutrition Guidelines for a Healthy Weight: 13:19

Physical Activity for a Healthy Body Weight: 10:30

Behavior Change for Weight Loss: 10:18



Video Title, Description, and Run Time

Categories

Personal Training Workouts at Home

Access a series of 30-minute strength and cardio videos with trainer Christine Mullen! Each workout will include intervals of cardio and strength to increase your heart rate and make you stronger with items right in your household. Christine will use pantry cans, brooms, dish towels, etc. to get you sweating.

Total Run Time: 1:42:24

Personal Training Session One: 30:22

Personal Training Session Two: 34:53

Personal Training Session Three: 37:09



Taking Control of Your Finances 101

Wellworks For You, in partnership with Concentus, presents an informational webinar to offer practical debt management techniques and planning strategies. Despite market volatility and economic uncertainty, there are simple, immediate steps anyone can execute to take control of their finances.

Total Run Time: 2:05:52

Debt Management Strategies Part One: 1:02:55

Debt Management Strategies Part Two: 1:02:57



Techniques for Resiliency and Coping Mechanisms

This series will provide mental wellbeing tips to help you bounce back after hard times.

Total Run Time: 1:34:00

Resiliency and Coping Part One: 8:29

Resiliency and Coping Part Two: 9:55

Resiliency and Coping Part Three: 9:39

Resiliency and Coping Part Four: 7:01

Resiliency and Coping Part Five: 8:28

Resiliency and Coping Part Six: 4:17

Resiliency and Coping Part Seven: 9:29

Resiliency and Coping Part Eight: 6:14

Resiliency and Coping Part Nine: 17:04

Resiliency and Coping Part Ten: 13:23



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The Family Guide to Nutrition and Fitness



This four-part learning series was designed to help busy families overcome common nutrition challenges, learn practical meal planning tips and understand portion sizes recommended for all age groups. Lastly, we look at ideas for fitting in fitness, the importance and tips for limiting screen time and explore ideas to increase physical activity for the whole family.

Total Run Time: 57:46

Portion and Serving Sizes: 15:37

Meal Planning: 14:23

Overcoming Nutrition Challenges: 14:41

Family Fitness: 13:05

The Meaning Behind Your Biometrics



Are you curious about what a biometric screening is and why certain blood values and body measurements are taken? Or maybe you're interested in what your values each year really mean and the simple steps you can take to keep them on track or start to improve them.

Total Run Time: 18:17

What is a Biometric Screening: 2:37

Cholesterol and Triglycerides: 6:31

Fasting Blood Glucose: 2:53

Blood Pressure: 2:49

BMI and Waist Circumference: 2:21

Your Results: 1:06

Trinity Advisor Group Presents: Financial Wellness



Wellworks for You and Trinity Advisors Group have partnered to bring you an educational e-learning series on your wellness portal about Financial Wellness, a self-study program designed to educate, inform, and inspire behavioral change. Each e-series includes educational videos and quizzes about the path to improving your level of financial fitness and reducing stress related to financial life.

Total Run Time: 50:03

Getting Started: 8:14

A Winning Plan to Reduce Debt: 4:30

Investing to Build Wealth: 8:50

Planning For Retirement: 8:28

Creating a Budget that Works: 9:32

Making Your 401k Plan Work For You: 10:29

Video Title, Description, and Run Time

Categories

Understanding Pelvic Floor Health



This self-guided musculoskeletal course, hosted by InstaCare's Dr. Dan Luczka, DPT, PT, CSCS, FMS, will discuss the anatomy of the pelvic floor in men & women, common conditions, treatments, facts & myths about the pelvic floor, and go through various exercises.

Total Run Time: 1:19:51

Pelvic Floor Part One: 5:41

Pelvic Floor Part Two: 6:27

Pelvic Floor Part Three: 10:42

Pelvic Floor Part Four: 8:54

Pelvic Floor Part Five: 6:38

Pelvic Floor Part Six: 8:35

Pelvic Floor Part Seven: 7:57

Pelvic Floor Part Eight: 7:54

Pelvic Floor Part Nine: 8:03

Pelvic Floor Part Ten: 9:02

Understanding The Benefits of Ergonomics



This self-guided musculoskeletal course, hosted by InstaCare's Dr. Dan Luczka, DPT, PT, CSCS, FMS, will provide exercises to techniques for proper desk setup, lifting mechanics, and how to avoid pain for the office worker.

Total Run Time: 16:10

Benefits of Ergonomics Part One: 3:39

Benefits of Ergonomics Part Two: 5:07

Benefits of Ergonomics Part Three: 4:38

Benefits of Ergonomics Part Four: 3:46

Understanding the Importance of Nutrition



This series will take a look at different aspects of maintaining a healthy diet.

Total Run Time: 1:12:06

Food Access: 6:29

Macronutrients: 15:03

Healthy Meal Preparation: 12:31

Nutrition Comparisons: 16:43

Nutritional Trends and Dispelling Myths: 11:07

Nutrition and Fitness: 10:13

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Categories

Use Healthy Habits to Improve Your Family's Health

Join us as we look at strategies for better sleep, tips for home, fire and water safety, and ways to enhance positive mental wellbeing for the entire family.

Total Run Time: 50:16

Sleep for the Whole Family: 11:46

Positive Mental Wellbeing: 14:54

Safety: 11:58

Other Healthy Habits: 11:38



Using Nutrition to Maintain a Healthy Lifestyle

Learn everyday tips, tricks, and strategies for making healthy eating a part of your everyday life. We will talk about building balanced meals, meal preparation, meal planning, reading the food label, and culinary strategies for healthy eating.

Total Run Time: 1:19:30

The Basics: 8:10

Building a Balanced Diet: 19:51

Meal Planning and Preparation: 18:03

Grocery Shopping and The Nutrition Facts Label: 15:40

Special Topics in Nutrition: 10:33

Additional Tips for Healthy Eating: 7:12



WellBeing and Stress Management

This mini-series will help you develop techniques to manage stress.

Total Run Time: 6:31

Welcome: 0:20

How Chronic Stress Impacts the Body: 3:05

Meal Planning and Preparation: 3:06



Wellness 500 Challenge

This 8-week program will cover a various range of wellbeing topics to lead you towards a healthier lifestyle.

Total Run Time: 23:30

Week 1 Challenge: 2:16

Week 2 Challenge: 5:00

Week 3 Challenge: 2:59

Week 4 Challenge: 3:08

Week 5 Challenge: 1:49

Week 6 Challenge: 2:13

Week 7 Challenge: 3:02

Week 8 Challenge: 3:01



Video Title, Description, and Run Time

Categories

Your Guide to a Smoke Free Lifestyle

This 6-week series will help you kick your smoking habit.

Total Run Time: 1:02:08

Why Quit?: 7:40

Smoking Cessation Aids: 13:20

The Quit Plan: 13:11

Managing Stress and Building Support: 6:27

Quit Day: 7:39

Relapse Prevention: 13:51



Your Guide to Going Tobacco Free

Complete our 6-module Tobacco Cessation Program.

Total Run Time: 1:21:40

Why Quit?: 8:18

Smoking Cessation Aids: 19:39

The Quit Plan: 13:57

Managing Stress and Building Support: 12:03

Quit Day: 9:05

Relapse Prevention: 18:38



Your Guide to Going Tobacco-Free Espanol

Completa nuestro programa de seis módulos para dejar de fumar.

Total Run Time: Total Run Time: 1:43:03

Por qué dejar?: 8:42

Ayudas para dejar de Tabaco: 22:23

El plan para dejar: 15:28

Controlar el estrés y organizar el apoyo: 17:03

El Día para Dejar: 18:02

Prevenir la recaída: 21:25



Your Guide to Mindfully Managing Stress

In this Stress Management e-Learning Series, you will enjoy exploring skills to identify the physiological, emotional, behavioral, and cognitive symptoms of stress. The goal of this program is to learn strategies to recognize, reduce and relax when dealing with situations beyond our control.

Total Run Time: 39:02

Introduction: 4:50

Symptoms of Stress: 4:42

Physical Responses to Stress: 7:15

Chronic Stress: 7:11

Managing Stress: 6:57

Stress Management: 8:07



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Video Title, Description, and Run Time

Categories

Your Road Map to Mindfulness

This series will help you practice mindfulness among many different aspects of mental wellbeing.



Total Run Time: Total Run Time: 42:46

The Basics: 5:45

Guided Practice: 12:48

Mindful Moments: 8:13

Practice Self-Care: 6:52

Mindful Eating: 6:23

Mindfulness Resources: 2:45

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VIDEOS



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Premium

Video Title, Description, and Run Time

Categories

10 Minutes or Less On: Being Gluten-Free

View our Mini Webinar on the topic of being Gluten-Free!

Run Time: 5:43



10 Minutes or Less On: Calcium

View our Mini Webinar on the topic of Calcium!

Run Time: 6:41



10 Minutes or Less On: Fiber

View our Mini Webinar on the topic of Fiber!

Run Time: 6:37



10 Minutes or Less On: Iron

View our Mini Webinar on the topic of Iron!

Run Time: 5:51



10 Minutes or Less On: Nuts and Seeds

View our Mini Webinar on the topic of Nuts and Seeds!

Run Time: 8:00



10 Minutes or Less On: Organic Foods?

View our Mini Webinar on the topic of Organic Foods!

Run Time: 5:56



10 Minutes or Less On: Potassium

View our Mini Webinar on the topic of Potassium!

Run Time: 7:18



Video Title, Description, and Run Time

Categories

10 Minutes or Less On: Sodium

View our Mini Webinar on the topic of Sodium!

Run Time: 9:54



10 Minutes or Less On: Sugar

View our Mini Webinar on the topic of Sugar!

Run Time: 5:56



10 Minutes or Less On: Vitamin D

View our Mini Webinar on the topic of Vitamin D!

Run Time: 4:48



10 Minutes or Less On: What is a GMO?

View our Mini Webinar on the topic of GMOs (genetically modified organisms)!

Run Time: 4:18



10 Minutes or Less On: What is the Ketogenic Diet?

View our Mini Webinar on leading a Ketogenic Diet!

Run Time: 6:43



A Deep Dive on Men's Health

This informative presentation provides an overview of men's health issues, medical screening guidelines and risk factors for health concerns. Learn ways to reduce your risk and prevent health issues through a healthy lifestyle.

Run Time: 25:17



A Deep Dive on Women's Health

Learn about the importance of preventative health for women, screening recommendations, risk factors for health concerns and tips for a healthy lifestyle and good sleep.

Run Time: 28:13



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VIDEOS



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Video Title, Description, and Run Time

Categories

Boosting Your Diabetes Awareness

With diabetes as a growing epidemic, awareness is becoming increasingly important. This presentation provides an overview of diabetes including the types, risk factors, symptoms, and complications.

Run Time: 26:35



Boosting Your Diabetes Awareness - Espanol

Con la diabetes como una epidemia en crecimiento, la conciencia se está volviendo cada vez más importante. Esta presentación proporciona una descripción general de la diabetes, incluidos los tipos, los factores de riesgo, los síntomas y las complicaciones.

Run Time: 28:05



Deep Dive on the Top 10 Superfoods

While there is no standard definition of superfoods, in general these are foods that are packed with an abundance of disease fighting, health promoting nutrients. In this webinar, we will explore the top 10 superfoods that you can find in your own grocery store. Including more of these foods in your diet may help you reduce your risk for chronic diseases, such as diabetes, heart disease, and cancer, as well as increase your overall health and wellbeing.

Run Time: 17:08



Eating the Rainbow

This session will help you incorporate more colors into your diet.

Run Time: 16:34



Ending the Stigma Around Mental Health

According to the National Alliance on Mental Illness, 1 in 5 adults experience a mental health condition every year and 1 in 17 people live with a serious mental illness, such as schizophrenia or bipolar disorder.

Run Time: 20:34



Feeling is Healing

Feeling is not easy for everyone. Many of us are either too busy to feel or not taught how to feel. Feeling begins with listening and a willingness to allow somatic sensations to arise without judgement.

Run Time: 28:07



Video Title, Description, and Run Time

Categories

Finding Your Flow

Have you found yourself staying up late, joylessly bingeing TV shows and doomscrolling through the news, or simply navigating your day uninspired and aimless? Chances are you're languishing. Organizational Psychologist, Adam Grant, breaks down the key indicators of languishing and presents three ways to escape that "meh" feeling and start finding your flow.

Run Time: 16:04



How to Create Healthy Lunches

This session will help you pack healthier lunches using unique ways to monitor your nutrition.

Run Time: 24:38



How to Decode the Nutrition Facts Label

This session will help you understand the nutritional facts label on the back of products when you are grocery shopping.

Run Time: 13:39



How to do a Digital Detox

Did you know that the average adult checks their phone 50 to 300 times per day? Often we look around and see people on cellphones, laptops, and tablets everywhere. It is no surprise we live in a digital, plugged-in society and technology is expanding every day.

Run Time: 22:19



How to Invest in a Coronavirus World

In these unsettling times, many investors are forced to act in a way that they never expected and it's causing strain on their investments. Wellworks For You in partnership with Concentus offered this live webinar to offer sympathetic and unbiased opinions about what to do.

Run Time: 1:11:48



How to Maintain Healthy Eating During the Holidays

Did you know the holiday season has the potential to take up 25% of your entire year? It's easy for the holiday season to turn into a season of indulgences and weight gain.

Run Time: 19:16



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How to Maintain Healthy Eating While on the Go



In this busy world, we face tons of responsibilities to fit into what seems to never be enough time. This often leads to us feeling like we have to grab and go when it comes to eating. We will explore the common challenges many of us face, whether it be traveling for work, a schedule full of activities, or feeling you do not have access to healthy foods.

Run Time: 52:50

How to Make Healthy Carbohydrate Choices



In this presentation, we will review the 3 main types of carbohydrates: complex, simple, and starches, and how they affect blood sugar levels. We will uncover the myths surrounding low carb diets and learn the nutritional benefits of eating whole grains, milk products, and plant foods, such as vegetables, fruits, nuts, and legumes. We will review the portion recommendations for each food group using the USDA's "Choose MyPlate" as they are a great place to start as a general guide to guarantee we are eating a healthy, balanced diet.

Run Time: 16:22

How to Nip Seasonal Allergies in the Bud



Certain times of the year, especially when pollen is high, many people begin to experience all-too-familiar allergy symptoms, such as itchy and watery eyes, runny nose, and congestion. In this presentation, you will learn several tips for minimizing our exposure to allergy triggers and pollens, as well as ways to lessen the symptoms of seasonal allergies. While gaining a better understanding of what allergies are, we will explore the difference between allergies and colds, treatments, and causes of allergies.

Run Time: 18:00

How to Optimize Your Sleep



Did you know that you'll spend 1/3 of your life sleeping or attempting to sleep? That's why it is important to optimize both the quantity and quality of your sleep. A good night's sleep is vital for our survival and contributes to good physical, mental, and emotional wellbeing. In this webinar, you will understand the basics of sleep, how to optimize your sleep routine, how sleep disorders might impact you, and how to cope with shift work.

Run Time: 20:37

Video Title, Description, and Run Time

Categories

How to Set Attainable Goals



Goals are what move you forward in life. They help you see your long-term vision and provide you with the motivation you need to get started. Did you know there is a process to goal setting?

Run Time: 20:59

How Your Waist Size May Reflect Your Health



This session will help you analyze your health and help you slim down in the waist.

Run Time: 23:27

Increasing Your Exercise IQ



This session will help you exercise smarter.

Run Time: 17:39

Kickstart a Smoke Free Lifestyle



This session will take you through tips to quit tobacco.

Run Time: 36:28

Learning the Recipe for Healthy Living



This session will provide mindfulness tips that contribute to living a healthy life.

Run Time: 31:12

Living in a Smoke-Free Environment



This session will help you find ways to avoid tobacco.

Run Time: 17:30

Managing Stress through Work-Life Balance



This session will help you discover a healthy balance between work life and home life and live a stress-free life.

Run Time: 27:22

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Mindfulness On-The-Go with Dr. Drew Brazier



Mindfulness on-the-go is everything that mindfulness is meant to be. While sitting down and practicing meditation is helpful, it doesn't always work for everyone. When you learn to incorporate mindfulness into your busy days you will experience more clarity, calm, and focus. The more mindful we are the better our work performance, relationships, and social life become.

Run Time: 45:56

Personal Training at Home - Part 1



Access a 30-minute strength and cardio video with trainer Christine Mullen! The workout will include intervals of cardio and strength to increase your heart rate and make you stronger with items right in your household. Christine will use pantry cans, brooms, dish towels, etc. to get you sweating.

Run Time: 30:22

Personal Training at Home - Part 2



Access a 30-minute upper body and core strength video with trainer Christine Mullen! The workout will include 5 exercises of one-minute intervals to increase your heart rate and make you stronger with items right in your household. Christine will use pantry cans and hand towels to get you sweating.

Run Time: 33:58

Personal Training at Home - Part 3



Access a 30-minute lower body and core strength video with trainer Christine Mullen! The workout will include 5 exercises of one-minute intervals to increase your heart rate and make you stronger with items right in your household. If you don't have dumbbells, Christine will use pantry cans to get you sweating.

Run Time: 37:09

Put Your Best Fork Forward



This session will help you make smarter decisions with your nutrition.

Run Time: 24:13

Video Title, Description, and Run Time

Categories

Stretching Techniques for a Healthy and Happy Back



This session will help maintain the health of your back through daily stretching.

Run Time: 17:05

Sun Safety and How to Prevent Skin Cancer



This presentation provides an in-depth understanding of the types of skin cancer, including the importance of protection and early detection. The presentation will also cover detailed information on the best protection against the sun on a daily basis.

Run Time: 39:00

The 8 Steps to Healthy Eating



This session will provide eight important health tips to help you eat better.

Run Time: 34:29

The Facts About Fat



Did you know that it is important to eat fat every day? Dietary fat is an essential nutrient that contributes to good health and a body that runs efficiently. Of course, it's important that we learn to eat the right types of fat that are best for our long-term health. In this webinar, learn all about fats that you'll want to love, limit, and lose and how to include them in your meals throughout the day. You'll also be armed with knowledge on how to best avoid eating trans fat and how to choose the best cooking oil for baking, sautéing, browning, and making sauces.

Run Time: 18:03

Thriving with Emotional Wellbeing



The More Method, hosted by author Jen Groover, teaches people how to quickly get more of the good things they want out of life. This method walks you through how to make the mental and emotional shifts you need, uproot your limited beliefs, and eliminate self-sabotaging behaviors, while increasing your energy and mental health. This proven methodology is suitable for people of various stages of life, educational backgrounds, and life experiences. Jen's lessons transcend economic and social boundaries.

Run Time: 55:50

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Categories

Understanding Blood Pressure - Espanol

Esta presentación proporciona una comprensión de la presión arterial, incluidos los factores de riesgo, la prevención y el manejo de la presión arterial alta o la hipertensión. Exploraremos comportamientos de estilo de vida para ayudar a controlar nuestra presión arterial. A continuación, nos sumergiremos en la dieta DASH, que significa enfoques dietéticos para detener la hipertensión. Es un tratamiento reconocido para la hipertensión, enfermedades del corazón y enfermedades renales, así como una forma saludable de alimentación en general, según la National Kidney Foundation y la American Heart Association. ¡Descubra como incorporarlo a su vida diaria para reducir el sodio, mientras mantiene una dieta nutritiva y deliciosa!

Run Time: 37:25



Understanding Blood Pressure and the DASH Diet

This presentation provides an understanding of blood pressure, including risk factors, prevention, and management of high blood pressure or hypertension. We will explore lifestyle behaviors to help to control our blood pressure. Next, we will dive into the DASH diet which stands for Dietary Approaches to Stop Hypertension. It is a recognized treatment for hypertension, heart disease, and kidney disease, as well as an overall healthy way of eating, according to the National Kidney Foundation and American Heart Association. Discover how to incorporate it into your daily life to reduce sodium, while keeping meals nutritious and delicious!

Run Time: 33:29



Understanding Musculoskeletal Programs

This self-guided musculoskeletal course, hosted by InstaCare's Dr. Dan Luczka, DPT, PT, CSCS, FMS, will help you understand Musculoskeletal Programs.

Run Time: 6:43



Understanding Obesity and Congestive Heart Failure

This session will help you prevent obesity and understand the effects of congestive heart failure.

Run Time: 28:21



Video Title, Description, and Run Time

Categories

Understanding Your Student Loan Repayment Options

This session will help you understand different ways to repay student loan debt.

Run Time: 4:17



Using Art as Therapy

This session will help you use art as a way to unwind and relax.

Run Time: 6:43



Walk it Off! The Benefits of Walking

This session will help you understand the benefits of healthy exercise and walking.

Run Time: 6:43



Walk it Off! The Benefits of Walking - Espanol

¡Caminar es buena medicina! Puede ayudarlo a reducir el riesgo de algunas enfermedades crónicas y ayudarlo a mejorar su presión arterial y azúcar en la sangre. En este seminario web le mostraremos todos los beneficios de caminar y lo ayudaremos a comenzar con su propia rutina de caminata. Aprenda lo que necesita para comenzar, cómo verificar su formulario y cómo establecer sus propios objetivos para mantenerse motivado y seguir adelante.

Run Time: 13:28



What is Financial Aid?

This session will guide you through financial aid options when paying off student loans.

Run Time: 4:41



What is Preventive Healthcare?

Did you know that there is more to preventative healthcare than just your annual physical? In this webinar, you will learn all about our nation's National Prevention Strategy and what you can do to make sure that you are healthy at every stage of life.

Run Time: 10:55



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VIDEOS



Nutrition



Fitness



Mind & Body



Mental Health



Chronic Conditions



Podcast



Premium

Video Title, Description, and Run Time

Categories

What is Wellness?

This session is a wellbeing “Ted Talk.”

Run Time: 15:01



Your Guide to Bone and Joint Health

In this Wellworks For You presentation, we will explore why bone health is important and gain an understanding of Osteopenia and Osteoporosis. Learn what factors impact bones and joints, a wide variety of tips for keeping bones and joints healthy and ways to reduce the risk of Osteoporosis.

Run Time: 30:50



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Video Title, Description, and Run Time

Categories

Body Scan Meditation

Body Scan Meditation is a very common guided meditation to focus your thoughts and bring awareness to the entire body. This session allows you to focus your mind on one particular thing so that the extraneous thoughts begin to quiet down.

Run Time: 27:14



Centering with the Mudra of Contemplation

In this session, we will center ourselves by using the methods of the Dhyana Mudra, or the Symbol of Concentration.

Run Time: 26:34



Debt Management and Planning Strategies

In this session we will discuss practical debt management techniques and planning strategies. Despite market volatility and economic uncertainty, there are simple, immediate steps you can execute to take control of your debt.

Run Time: 1:06:15



Estate Planning 101

In this session we will discuss the important estate planning strategies required to protect your family, and effectively pass your wealth to the next generation.

Run Time: 1:01:12



Family Meditation

This session topic is Family Meditation. It's never too early to start teaching your children the importance of mindfulness. Starting their meditation journey early is an excellent way to help them understand and feel comfortable with their emotions.

Run Time: 27:03



Gaining Perspective Meditation

This session topic is Perspective Meditation. Adding stress to our daily experiences is a subconscious act that we as humans inflict upon ourselves. This practice will empower you to observe your thoughts without getting caught up in your emotions.

Run Time: 26:34



Grounding Meditation

Your ground exists within. This session uses suggestive awareness techniques to bring you back to your ground time and time again. Through practice, it will eventually become Home.

Run Time: 28:14



Video Title, Description, and Run Time

Categories

How to Budget for Taxes

In this session we will discuss the single largest line item on your budget every year: Uncle Sam's share of your income. We will review some basics of how taxes work, and discuss the latest tax planning strategies you may consider prior to the end of the year.

Run Time: 53:35



How to Create a River of Wealth

The 10 Pillars of your River of Wealth lays the foundation of our investing and planning philosophy that we will embrace throughout this program. True Wealth, properly managed, should behave like a River: It will grow deeper and wider as it falls down through the years, and possibly into the next generation. This program is about your journey to create a River of Wealth for yourself and your family.

Run Time: 1:07:44



How to Outline a Financial Plan

Begin to outline your custom, written financial plan for achieving future financial freedom. This interactive session will help you create your vision of financial freedom and run your numbers.

Run Time: 55:14



How to Ride the Financial Rapids

The possibility of death of the primary breadwinner in your family is likely to be the next greatest risk you will face as you grow your River of Wealth. This month we will discuss the best approach for mitigating this risk.

Run Time: 48:57



"I Am" Manifestation

This session will help us explore within ourselves and embrace the challenges of the new year.

Run Time: 26:22



Inner Confidence Meditation

How do we feel confident? Where does it reside in the body? In Chinese medicine, the fire element is the manifestation of love and passion in everything we do. This session will help re-ignite that spark.

Run Time: 28:12



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Video Title, Description, and Run Time

Categories

Inner Peace Meditation

We live in the fast lane of an ever-changing world. It's important to learn how to cultivate inner peace and release stress through guided meditation.

Run Time: 26:01



Intention Setting Meditation

In Chinese Medicine, winter is an auspicious time to plant seeds that will grow in spring. This session teaches how to plant intentions from a place of fullness rather than lack.

Run Time: 24:19



Labeling with Non-Attachment

Meditation cultivates a witnessing state of consciousness and the ability to observe with a non-judgmental perspective. In this session, we will cultivate a state of consciousness and the ability to observe with a non-judgmental perspective.

Run Time: 28:31



Let Go to Appreciate

In Chinese medicine, the fall season is an invitation to let go. When we learn how to let go, it is easier to appreciate the beauty and inspiration that exists in all things. The tricky part is we can't force ourselves to let go, but we can practice.

Run Time: 27:55



Meditate to Get in Touch with Your Emotions

Feeling is not easy for everyone. Many of us are either too busy to feel or not taught how to feel. Feeling begins with listening and a willingness to allow somatic sensations to arise without judgement.

Run Time: 28:07



Meditation for Alleviating Stress and Anxiety

This session topic is Stress and Anxiety Meditation. If you've ever felt the terrifying grip of anxiety, you know how debilitating it can be. This meditation will help employees to come together and learn they are not alone, no matter how isolated their anxiety can make them feel.

Run Time: 26:32



Video Title, Description, and Run Time

Categories

Meditation on Perseverance

This session uses techniques to help you persevere through stressful times.

Run Time: 29:34



Meditation on Perspective During Stressful Times

This session topic is Perspective Meditation. Adding stress to our daily experiences is a subconscious act that we as humans inflict upon ourselves. This practice will guide you into a state of relaxation and offer an alternate perspective on a situation. It will empower the meditator to observe their thoughts without getting caught up in their emotions.

Run Time: 29:08



Meditation on the Art of Productivity

This month's topic is Meditation to Master the Art of Productivity. In this practice, you will be guided through how to use meditation to be more productive.

Run Time: 29:05



Meditation on Tuning into Your Heart

When the heart is open, the mind becomes still. The heart has a mind of its own. This session teaches how to listen to your heart.

Run Time: 28:46



Meditation to Quiet the Mind

This session allows you to focus your mind on one particular thing so that the extraneous thoughts begin to quiet down. Often the teacher will guide meditators through parts of their body and reference the Chakra energy centers.

Run Time: 27:35



Mental Focus Meditation

This session topic is Mental Focus. Focused meditation involves honing in on something intentionally, boosting one's ability to stay present and slow down their mind chatter. Unlike classic meditation — where you focus on nothing to quiet your mind — with focused meditation, you remain in the present, but focus wholly on one thing, typically sensory stimulus like sounds, visual items, tactile sensations, tastes or smells.

Run Time: 25:40



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Premium

Video Title, Description, and Run Time

Categories

Reviewing Common Questions About Creating Wealth

This session will be dedicated to common financial questions.

Run Time: 55:05



Reviewing Common Questions About Creating Wealth

This session will be dedicated to common financial questions.

Run Time: 55:05



Reviewing Common Questions About Debt

This session will be dedicated to common debt questions.

Run Time: 1:00:44



Ride the Financial Rapids and Disability

This interactive session will help you understand the risk and the probability of disability. You will be able to calculate your needs in the event of disability and manage the risk.

Run Time: 48:40



Ride the Financial Rapids and Survivor Protection

This interactive session will help you to build your personal written Wealth Policy Statement and help you to set up your savings plan.

Run Time: 1:00:45



Sharing Emotions Meditation

Tonglen is a Buddhist meditation of giving and receiving. This session teaches one to share positive and negative thoughts or emotions with those around them.

Run Time: 30:33



Start Your Financial Wellness Journey Today!

This session defines financial wellness and provides a roadmap for improving your current financial wellness situation and achieving success.

Run Time: 32:06



Video Title, Description, and Run Time

Categories

Stillness and Silence

This session will help us explore within ourselves and embrace the challenges of the new year.

Run Time: 28:42



Student Loan Assistance Webinar

Get the answers you need to make informed student loan and repayment decisions. The cost of a college education is impacting many families financial future. Learn how to avoid excessive student loans and make better loan repayment decisions.

Run Time: 27:19



Taking Your Finances from a Trickle to a River

This month we will discuss the best approach for implementing the written plan you will be creating for yourself. This interactive session will help you to build your personal Wealth Policy statement and set up your savings plan.

Run Time: 1:02:22



The 10 Pillars of Your River of Wealth

The 10 Pillars of your River of Wealth lays the foundation of our investing and planning philosophy that we will embrace throughout this program. True Wealth, properly managed, should behave like a River: It will grow deeper and wider as it falls down through the years, and possibly into the next generation. This program is about your journey to create a River of Wealth for yourself and your family.

Run Time: 1:09:37



Tips and Tricks for Financial Planning

This month we will discuss several miscellaneous planning topics which may be impactful for your personal and family situation.

Run Time: 1:07:34



Unlocking Creative Energy Meditation

Spring in Chinese medicine allows our creative juices to flow and move out into the world in the form of action. This session will help unlock the creative energy that is inherent in all of us.

Run Time: 27:01



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Video Title, Description, and Run Time	Categories
Yoga Nidra Meditation - Yogi Sleep This month's topic is Yoga Nidra. Known as "yogic sleep" this practice suggests the meditators lay down, and it's intended to induce total physical, mental, and emotional relaxation. This ancient practice allows the body to deeply relax while the mind stays inwardly alert. Run Time: 26:30	 
You are Divine Love In this session, you will learn about Japa, a form of mantra meditation. Your host will utilize counting and repetition techniques during the meditation. Run Time: 28:15	 
Your Darkness is Your Light It is essential to embrace our darkness as the days get longer. Darkness can be uncomfortable and often avoided in our society. This session helps one embrace their darkness. Run Time: 28:33	 
Your Personal Planning Blueprint In this session you will outline your custom financial plan for achieving future financial freedom. This interactive session will help you create your vision of Financial Freedom and run your numbers. Run Time: 1:03:09	
Your Voice is Your Truth Our voice is used all the time and yet overlooked as a place of growth. This session explores the symbolism of voice and sound. Run Time: 27:29	 