

Complete an action plan



When you're ready to make a healthy change, it helps to have a plan for success.

Your online services on **umr.com** include personalized action plans to support you in making behavior changes and lifestyle choices to get and stay healthy. The interactive sessions offer plans for a variety of healthy goals, so you choose the one that best fits your health needs and interests:

- Healthy eating
- Weight management
- Quit smoking
- Physical activity
- Stress management
- Diabetes prevention
- Heart disease management
- Financial wellness
- Diabetes management
- Heart disease prevention
- Depression
- Risky drinking
- Back care

Work through a personalized lesson that helps you overcome your barriers and achieve your goals.

How to get started

- ▶ Log in to your account on **umr.com**. (If you are using Safari as your browser, make sure your pop-up blockers are turned off.)
- ▶ If it's your first time using the site, select **Login/Register** and follow the steps to register an online account. Make sure you have your ID card handy.
- ▶ Once you've signed in, select **Health center** from the myMenu and click the **Start a health action plan** icon.
- ▶ Click the **Get started!** button from the wellness activity center landing page; If you're not redirected, please check to see if a new tab or page has opened.

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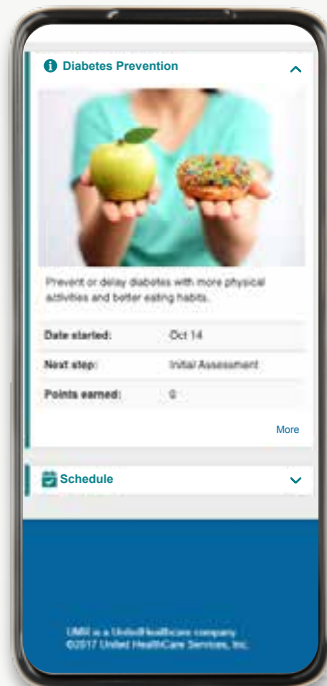
How to complete an action plan

Under the **Action plans** section, you can click **Enroll** to begin one of the plans displayed.

A red alert notification will appear when your next step is available to complete.

Click < or > to see all of the available plans.

You can click **Enroll** to begin one of the plans displayed.



Complete the steps in the action plan

- 1 Set up your profile**
Start by profiling your current behaviors and readiness to make changes.
- 2 Make a plan**
Select the goals you want to work on and the barriers that might block your progress.
- 3 Take action**
Work through a personalized lesson that helps you overcome your barriers and achieve your goals.
- 4 Measure your progress**
See how far you have come and what more you might do.
- 5 Stay on track**
You will receive a reminder in your list of **Things to Do** when it is time to complete the next step in your action plan. You may complete one step per week.