

Plot a course to healthy change



Online action plans on **umr.com** point the way to a better YOU

Are you thinking about making a lifestyle change but don't know how or where to start? Want help that is convenient and easy to use? **umr.com** offers a great resource with just a few mouse clicks, and there's no cost to you.

UMR's online Health center includes action plans that help you make behavior changes and healthy lifestyle choices. The interactive sessions offer plans for a variety of lifestyle behaviors, 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
- ✓ Diabetes management
- ✓ Heart disease prevention
- ✓ Depression
- ✓ Risky drinking
- ✓ Financial wellness
- ✓ Back care

over »

Start a health action plan



LOOK FOR THE ACTION PLAN TILE

Once you are logged in to **umr.com**, go to the **Health center** and select the **Start a health action plan** tile.



A UnitedHealthcare Company

Here's how to get started:

Step 1:

Log in to your member account on **umr.com**.

If it's your first time using the site, click **New user? Register here** and follow the steps to open an account.

Next, select **Health center** from the myMenu and click the **Start a health action plan** icon. Click the **Get started!** button and then choose **Start a health action plan** from your Things To Do list on the right-hand side of the page.

Step 2:
In the Programs tab click the Action Plans tab

Step 3:
Choose a plan from the list

The screenshot shows the UMR website interface. The top navigation bar includes 'Home', 'Programs', 'Health Status', 'Messages', 'Benefits', 'Health Education Library', and 'Profile'. The main content area is titled 'Programs: Health and Wellness' and features a 'Things To Do' button with 'Enroll in action plan'. Below this, there's a section for 'Action Plans: Available for Enrollment' with a list of plans including 'Depression', 'Diabetes Prevention', 'Flu and Wellness', 'Healthy Eating', and 'Heart Disease Prevention'. A teal callout box points to the 'Action Plans' tab. Another teal callout box points to the 'Diabetes Prevention' plan. A larger window titled 'Diabetes Prevention: Initial Assessment' is overlaid on the screen, showing an 'Introduction' section with a list of topics: 'Diabetes risk', 'Body measurements', 'Lifestyle choices', and 'Readiness to make healthier changes'. An image of a red apple with a measuring tape is also visible in the window.

Step 4:

Complete the steps in the action plan.

Set up your profile: Start by profiling your current behaviors and readiness to make changes.

Make a plan: Select the goals you want to work on and the barriers that might block your progress.

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

Measure your progress: See how far you have come and what more you might do.

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.