

# 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.

The image shows a laptop displaying the UMR website. A teal callout box labeled 'Step 2:' points to the 'Action Plans' tab in the 'Programs: Health and Wellness' section. Another teal callout box labeled 'Step 3:' points to a list of action plans, with one plan, 'Diabetes Prevention: Initial Assessment', highlighted. A separate window shows the details of this assessment, including an introduction, a list of topics (General Information, Body Measurements, Lifestyle Choices, Confirmation, Report, Options), and a 'Step status' indicating it must be completed to move on. A small image of a red apple with a measuring tape is also visible in the assessment window.

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

**Step 3:**  
Choose a plan from the list

### 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.