

Simple Steps To A Healthier Life®

Directions and Journey® Descriptions

Our online health coaching programs provide support across a spectrum of chronic condition and wellness focus areas (Directions). Within these Directions are Journeys. Participants select the health Direction they wish to work on, and then determine their motivation. Based on this, and using smart technology, we offer Journeys that can best meet their health needs. Of course, participants may also select whatever Journey they wish.

Each Direction has specific Journeys dedicated to reducing that specific health risk. However, some Journeys overlap. Journey overlap occurs when Journeys can help reduce health risks aligned with multiple Directions. Currently, there are 12 Directions and 47 Journeys in total.

Since Journeys are composed of stages and steps. Participants choose the steps they want to take to earn experience points (XP) within each stage. You need to “earn” a certain amount of XP to complete a stage and “unlock” the next stage.

Below is a listing and description of our current Directions and their associated Journeys. Please note Directions and Journeys are subject to change. We’ve also indicated the number of stages within each Journey.

BE TOBACCO FREE (Direction)

Real change is possible when tobacco users can replace current habits with healthy new ones. That’s the power behind the engaging, tangible and practical steps that make up *Be Tobacco Free* Journeys. Each Journey moves participants down the road to quitting for good through real-time practice gathering social support, prepping the environment and getting past triggers. Users choose the small steps that play to their strengths as they make their way through a Journey unique to them. Titles like *Make Your Date to Quit* and *Stay on Track, Stay Quit* are focused on the smoking habit but are applicable to any tobacco user.

MAKE YOUR DATE TO QUIT [2 STAGES within this Journey](#)

You can quit! Just take it one small step at a time. In this Journey, you’ll set a date. Then you’ll start practicing what it’s like to be smoke-free by starting to say good-bye to those triggers. It’s all about being ready when your quit date comes.

NOT READY TO QUIT [3 STAGES within this Journey](#)

Not ready to quit? Not a problem. This Journey is about getting to know the routines, motivations and triggers in your life that lead to a smoke. Step back and see your smoking from a new angle, on your terms and your timeline.

READY, SET, STOP SMOKING! [4 STAGES within this Journey](#)

You can quit smoking once and for all by practicing one small, doable—even fun—step at a time. First, set your quit date. Then start prepping your mind, body and environment. When your quit date arrives, you’ll be ready to stop!

STAY ON TRACK, STAY QUIT [3 STAGES within this Journey](#)

Even the most devoted quitters face temptation. Practice easy ways to build the new life you want and the habits you need to stay quit for good.

Other Journeys available under this Direction

- 21 Days to Lighten-Up Habits
- Stress to Energy Sampler
- Yoga 101
- Smokeless Tobacco Takedown (coming soon)

BLOOD PRESSURE IN CHECK (Direction)

Whether they’ve been diagnosed with high blood pressure or are like the millions living with pre-hypertension, Blood Pressure in Check Journeys help users move their numbers to a healthier zone. Small, doable—even fun—steps center on eating healthier, getting active and managing medications. Titles such as *DASH Your Way Healthier* and *Master Your Blood Pressure Meds* keep the Journeys experience specific and motivational.

MASTER YOUR BLOOD PRESSURE MEDS [3 STAGES within this Journey](#)

Managing high blood pressure? Does taking your meds feel like a constant to-do? Take easy steps to simplify your regimen (and save money on your meds, too). You'll be able to set it and forget it—and in the process, never forget a pill again.

DASH YOUR WAY HEALTHIER [4 STAGES within this Journey](#)

The DASH (dietary approaches to stop hypertension) eating plan can dramatically affect your blood pressure—but it can be challenging to dash into the plan. So start with one small step, and then another and another. Before you know it, you'll be eating the DASH way!

Other Journeys available on this Direction:

- 10 Minutes A Day to Stress Less
- Choose a New Attitude
- Dine Out: Take Charge
- Go Mediterranean
- Make Your Date to Quit
- More Veggies in No Time
- Move It and Lose It
- Ready, Set, Stop Smoking!
- Smart Snacking
- Stress to Energy Sampler
- Unsupersize Your Meals

DIABETES LIFE (Direction)

Diabetes Life Journeys start with the premise that each individual is his or her own best coach. Users try on and extend new habits by practicing fresh new ways to eat and move more, to engage their care team effectively and to monitor their own health at home. One small step at a time, users learn to be curious about changes in their health and to watch for patterns. Most important—they discover how to make the call when it's time to take action. Journeys like *Team Up With the Pros*, *Master Your Diabetes Meds* and *Glucose Sleuth* help users discover that it is possible to live well with diabetes.

DIABETES: NEW TO YOU [3 STAGES within this Journey](#)

New to diabetes? Just getting your bearings? Ease your way into the knowledge, skills and tools that will help you build a healthier, happier future—starting now.

DINE OUT WITH DIABETES [3 STAGES within this Journey](#)

Don't give up dining out just because you're trying to keep your blood sugar in check. This Journey will guide you through small steps and tips for ordering well. You may never look at a menu quite the same way again.

FIT TO WALK WITH DIABETES [3 STAGES within this Journey](#)

Practice new ways of squeezing in fitness and setting up your environment so you're ready and motivated to get out there. Once you're in the habit of looking for small pockets of time, you'll see lots of opportunities to fit in more fitness.

GLUCOSE SLEUTH [3 STAGES within this Journey](#)

Let your inner detective come out and play. Discover how daily activities affect your blood sugar. Then take small, easy steps to keep track so you can stay off the glucose roller coaster. Ferret out the facts then give symptoms the slip.

MASTER YOUR DIABETES MEDS [3 STAGES within this Journey](#)

Make your medications work harder for you with ingenious small steps that help you track, remember, take—and maybe even save on—all your medications.

SELF-CARE IN 10 MINUTES A DAY [3 STAGES within this Journey](#)

Discover simple, fast ways to protect your parts—eyes, feet, skin, teeth—from diabetic complications. Spot small problems before they become big ones and learn how to take care of yourself when you're under the weather. Become an expert in self-care: Dr. You!

TEAM UP WITH THE PROS [3 STAGES within this Journey](#)

Life is easier with a team to back you up. Find and partner with the right health care professionals for your team, prepare for visits, and coach your team on how they can best serve your needs and follow up after visits.

Other Journeys available on this Direction:

- 10 Minutes A Day to Stress Less
- 21 Days to Lighten-Up Habits
- Choose a New Attitude
- Go Lean To Get Lean
- Go Mediterranean
- Good Fat, Bad Fat
- More Veggies in No Time
- Ready, Set, Stop Smoking!
- Stay on Track, Stay Quit
- Unsupersize your Meals

EAT HEALTHIER (Direction)

It takes more than nutritional guidance to change behavior—especially when culture and environment keep us stuck in old habits. Eat Healthier Journeys help users make the leap from concept to everyday practice one focused pathway at a time. Journeys like *More Veggies in No Time*, *Go Mediterranean* and *Fuel Up: Eat for Energy* help users first “try on” and then practice new habits for better nutrition, weight loss—and just feeling better—all step by small, compelling step.

CART HERO 3 STAGES within this Journey

Shop with a purpose and discover how easy it is to bring home a cartload of health. From simply making a list to learning to read labels to shopping the outskirts of the store—all you have to do is begin.

COACH YOUR KIDS TO EAT HEALTHIER 4 STAGES within this Journey

You want to give your kids every advantage in life—why not start with good nutrition? Learn to tempt your elementary-school-age kids with foods that are fun and tasty in addition to being good for them. The result: healthy, happy kids.

DINE OUT: TAKE CHARGE 3 STAGES within this Journey

It is possible to enjoy a great restaurant meal and not let go of your healthy eating goals. Learn where the healthier options hide and how to ask for better choices that may not even be on the menu.

FUEL UP: EAT FOR ENERGY 3 STAGES within this Journey

This Journey will help you build the skills to eat for energy all day. You’ll learn how to power up at breakfast and pick some smart snacks to keep you fueled up between meals. Before you know it, you’ll be eating for energy every day of the week.

MORE VEGGIES IN NO TIME 3 STAGES within this Journey

Whether it’s cooking at home or dining out, getting more vegetables onto your plate is easier than you think. Just start with some small steps and you’ll be on your way to eating better!

UNSUPERSIZE YOUR MEALS 3 STAGES within this Journey

Welcome to your Journey to rightsizing your eating habits. Practice how to estimate portion sizes. Design a perfectly balanced plate. Arm yourself against the upsizing of portions everywhere you turn. Take it one rightsized step at a time.

Other Journeys available on this Direction:

- DASH Your Way Healthier
- 21 Days to Lighten-Up Habits
- Dine Out with Diabetes
- Go Lean to Get Lean
- Go Mediterranean
- Good Fat, Bad Fat
- Slow Down, Eat Less
- Smart Snacking
- Fitness to Go
- Crank Up Your Workout

- Fit to Walk with Diabetes
- Fitting in Fit for Families
- Get Strong at Home
- Make Time for Play
- Move It and Lose It
- Strengthen your Core
- Walk Your Way to Fitness
- Yoga 101
- Fit In More Fruit (Coming soon)

GET ACTIVE (Direction)

There's a Get Active Journey for users at all points on the fitness spectrum—from those who don't exercise at all to those who simply need to increase the intensity of what they're already doing. Each Journey introduces engaging new ways to work physical activity into daily life and then encourages users to extend and “habitize” their way to greater fitness and energy. *Crank Up Your Workout*, *Fit in Fitness for Families* and *Fitness to Go* are examples of Journeys in this focus area.

CRANK UP YOUR WORKOUT [3 STAGES within this Journey](#)

Even the most dedicated workout can get stale in time. This Journey will help you make the most of your favorite workouts and give you new ones to make sure your fitness routine is never standing still.

FITNESS TO GO [2 STAGES FOR LEISURE TRAVELERS, 3 STAGES FOR BUSINESS TRAVELERS within this Journey](#)

Find your fit wherever you go with small steps that get you moving on the road. By plane, by train, by automobile: Start small and work your way up to workouts that leave you pumped and ready for anything.

FITTING IN FIT FOR FAMILIES [3 STAGES within this Journey](#)

Learn how you can fit in family fitness during the week and the weekend alike—busy families included. It takes as little as 10 minutes to get started, and soon everyone will be begging for more time to move.

GET STRONG AT HOME [3 STAGES within this Journey](#)

You're ready to get stronger. Discover these great strength-training moves and find out how to pair them with daily habits to keep yourself going at home.

WALK YOUR WAY TO FITNESS [3 STAGES within this Journey](#)

If there was one magic bullet for improving your fitness, walking might just be it. And 30 minutes a day is a good goal to shoot for. You can get there, one step at a time—even if your schedule already feels packed.

YOGA 101 [3 STAGES within this Journey](#)

Stretch your way into a stronger, leaner body and a more focused mind with a yoga Journey that will meet you where you are—no chanting required. Simple steps will show you how to get the benefits of yoga in just a few minutes a day.

Other Journeys available on this Direction:

- Fit to Walk with Diabetes
- Make Time for Play
- Move It and Lose It
- Strengthen Your Core
- Run Your First 5K* (Coming soon)
- Use What You Have (Coming soon)

HEALTH IN A HURRY (Direction)

No time to get healthy? No worries. We've got the strategies, tips, reminders and more to help you make real progress in quick steps that are easier than you think. Practice ways to squeeze in more nutrition with tips that work in the real world. Feel calmer, stress less and boost your energy in less than 10 minutes a day. Discover the little changes that make a big difference when dining out or hitting the road. Got a few seconds? Let's get started.

Journeys available on this Direction:

- 10 Minutes a Day to Stress Less
- Cart Hero
- Choose a New Attitude
- Dine Out: Take Charge
- Fitness to Go
- Get Strong at Home
- Make Time for Play
- More Veggies in No Time
- Move It and Lose It
- Plan Your Day for Sleep

HEALTHY BACK (Direction)

We help Journeymen prevent back pain one small step at a time. Our focus is on safe, gentle movement, improved posture, strength-building exercises and lifestyle choices that ease the effects of tension and stress. Among our Journeys in this focus area: *Lift Right*, *Sit Right* and *Strengthen Your Core*.

LIFT RIGHT, SIT RIGHT [3 STAGES within this Journey](#)

Learn how to sidestep back pain by trying out easy ways to tweak the things you do every day, from lifting to sitting to standing—even sleeping! Take small steps and be good to your back, no matter where your activities take you.

STRENGTHEN YOUR CORE [2 STAGES within this Journey](#)

Core means more than six-pack abs. Strong muscles in the center of your body can help you avoid back pain throughout your day from tasks at work to picking up your kids to moving that sofa. Practice and put together simple moves that will help you look better, feel better and avoid back pain.

Other Journeys available on this Direction:

- Get Strong at Home
- Mind Over Pain
- Move It and Lose It
- Walk Your Way to Fitness
- Yoga 101

HEART-HEALTHY CHOLESTEROL (Direction)

Eating right and moving more are powerful ways to move the needle on heart-healthy cholesterol. The key is helping consumers turn good intentions into better habits. Heart-Healthy Cholesterol Journeys go beyond simply educating users to engaging them in new practices that change the way they live. Journeys in this focus area such as *Good Fat*, *Bad Fat* and *Manage Your Cholesterol Meds* pinpoint specific, high-impact habit areas.

GOOD FAT, BAD FAT [3 STAGES within this Journey](#)

Knowing how much and which fats to eat can help you avoid heart disease and lose weight. Discover tasty, new healthy-fat foods, learn how much is enough and practice easy tricks for recognizing and replacing bad fats in your diet.

MANAGE YOUR CHOLESTEROL MEDS [3 STAGES within this Journey](#)

Does taking your cholesterol meds feel like a constant to-do? Take easy steps to simplify your regimen (and automate your refills and save money, too). You'll be able to set it and forget it—and in the process, never miss a pill again.

Other Journeys available on this Direction:

- Choose a New Attitude
- Dine Out: Take Charge
- Go Lean to Get Lean
- Go Mediterranean
- More Veggies in No Time
- Move It and Lose It

- Smart Snacking
- Stress to Energy Sampler
- Unsupersize your Meals
- Walk Your Way to Fitness

LIVE WELL WITH ASTHMA (Direction)

There's no shortage of information about asthma triggers and action plans. Live Well with Asthma Journeys help people with asthma actually practice the habits that will help them breathe better. Journeys like *Make a Plan to Breathe Easier* help journeyers raise their standards for feeling good.

MAKE A PLAN TO BREATHE EASIER 3 STAGES within this Journey

Spend less time managing asthma and more time living. Discover new ways to tame symptoms, become an expert on your own body and create an action plan to help you breathe more freely.

Other Journeys available on this Direction:

- 10 Minutes a Day to Stress Less
- Make Your Date to Quit
- Not Ready to Quit
- Ready, Set, Stop Smoking!
- Stay On Track, Stay Quit
- Walk Your Way to More Energy
- Yoga 101

SLEEP WELL (Direction)

Whether it's getting more exercise or choosing the right pillow, dining on schedule or de-cluttering the bedroom—a good night's sleep depends on what we do all day. Sleep Well Journeys help users set up their daily lives for the rest they need to boost energy and build health. *Bedtime Game Plan*, *Get Back to Sleep* and *Plan Your Day for Better Sleep* are three titles in this Journey focus area.

BEDTIME GAME PLAN 3 STAGES within this Journey

You can sleep better. It's about setting up a bedtime routine that helps you leave behind your busy day and preps your body for a restful night. Get ready to get your bedtime game plan set—and look forward to a better night's sleep.

GET BACK TO SLEEP 2 STAGES within this Journey

Do you wake up in the middle of the night—and then can't get back to sleep? It's time to train your brain to manage and prevent nighttime waking. Discover simple techniques that help ease you back to la-la land—where you belong.

PLAN YOUR DAY FOR SLEEP 2 STAGES within this Journey

Picture this: You, well-rested. This smorgasbord of daytime practices will help your mind, body and bedroom prepare for a gentle slide into nighttime slumber. Sweet dreams!

Other Journeys available on this Direction:

- Mind Over Pain
- Stress to Energy Sampler
- Walk Your Way to More Energy
- Yoga 101

STRESS LESS (Direction)

Journeys like *Peak Performance Mind*, *Make Time for Play* and *Choose a New Attitude* help users practice new ways of seeing and responding to the inevitable pressures life can throw their way. Small steps like “Volunteer for one hour” and “Retell your funniest story” and “Make a worry appointment” help users refocus their energy and regain their sense of calm.

10 MINUTES A DAY TO LESS STRESS [2 STAGES within this Journey](#)

Feeling stressed? Overwhelmed? It doesn't take much time to shrink your stress level—but it does take consistency. Invest 10 minutes a day in yourself, so you can be more clearheaded and energetic all day.

CHOOSE A NEW ATTITUDE [2 STAGES within this Journey](#)

Discover ingenious small steps that help you coach yourself into a whole new frame of mind. View challenges from a different angle and find ways to solve everyday problems. Handle stress better by shifting your attitude.

MAKE TIME FOR PLAY [3 STAGES within this Journey](#)

Play is powerful. Devote time to leisure and you'll likely be healthier, happier, less depressed and less stressed. And when you have more fun, you are more fun—everyone around you benefits. In this Journey, get rid of your buzz kills and find your fun.

MIND OVER PAIN [3 STAGES within this Journey](#)

If your chronic pain has slowed you down, put yourself back at the wheel with small steps you can take to feel a little better each day—and have more fun while you're at it.

PEAK PERFORMANCE MIND [3 STAGES within this Journey](#)

Work smarter by growing your brainpower. Learn how to improve your attention span and what to do when you're getting distracted. Try out the kinds of breaks that can feed your energy and focus.

STRESS TO ENERGY SAMPLER [3 STAGES within this Journey](#)

Learn how to prompt your body to deliver more energy whatever life throws your way. Start with some better sleep habits, then move on to eating for energy before you discover how even a little bit of movement can go a long way toward boosting your energy.

WALK YOUR WAY TO MORE ENERGY [3 STAGES within this Journey](#)

Walking adds up to a healthier, more energized you, whether you have hours or minutes to spare. This Journey will help you ease into walking just 15 minutes a day—while enjoying all the feel-good perks that come with exercise.

Other Journeys available on this Direction:

- Bedtime Game Plan
- Slow Down, Eat Less
- Yoga 101

WEIGH LESS (Direction)

For every person who wants to lose weight, there is a key to success. Weigh Less Journeys help users find the key for themselves by “trying on” small, concrete steps that engage rather than overwhelm. Is it starting small, trying one new habit a day? Try *21 Days to Lighten Up Habits*. Is it exploring an eating pattern that doesn't ask for measuring, weighing or counting? Try *Go Mediterranean*. With any Weigh Less Journey, the goals are small, specific, memorable and lead to long-term habits that can be sustained over time.

21 DAYS TO LIGHTEN-UP HABITS [2 STAGES within this Journey](#)

What if you could try on some of the most effective weight loss habits—small choices that successful losers habitually make? Have a little fun experimenting with a different habit each day in this Journey to a lighter-weight lifestyle.

GO LEAN TO GET LEAN [3 STAGES within this Journey](#)

Sample new protein options that help you cut your calorie count and keep the delicious. Test easy ways to prepare more food at home. Choose smarter options when you're dining out. Come on a Journey that helps you practice “getting it right.”

GO MEDITERRANEAN [4 STAGES within this Journey](#)

Learn how to take small steps toward shopping, eating and living in the spirit of the Mediterranean. Gradually, these techniques will become a way of life—just like they have been for generations of Mediterraneans.

MOVE IT AND LOSE IT [2 STAGES within this Journey](#)

Work your way up to 30 minutes of healthy activity a day by simply moving a little more every hour. You don't even have to get out of your seat to get the benefits. Start choosing steps and start moving.

SLOW DOWN, EAT LESS [3 STAGES within this Journey](#)

Put your mind on your food. In this Journey, you'll learn how to focus on flavor, fullness and really enjoying what you eat. The result? You'll learn to feel satisfied without feeling stuffed.

SMART SNACKING [3 STAGES within this Journey](#)

Follow a path to a snacking routine that can actually help you meet your weight goals. In this Journey, you'll practice thinking ahead and learn to spot the most energizing choices. You'll prevent over-eating at meals and boost your nutrition—one small snack at a time.

Other Journeys available on this Direction:

- Good Fat, Bad Fat
- Cart Hero
- Coach Kids to Eat Healthier
- DASH Your Way Healthier
- Dine Out with Diabetes
- Dine Out: Take Charge
- Fit to Walk with Diabetes
- Fitness to Go
- Fitting in Fit for Families
- Fuel Up Eat for Energy
- More Veggies in No Time
- Slow Down, Eat Less
- Strengthen Your Core
- Unsupersize Your Meals
- Walk Your Way to Fitness