



# HMSA online health education workshops



An Independent Licensee of the Blue Cross and Blue Shield Association

**HMSA online health education workshops** are live Webex classes that teach members about nutrition, stress management, and other aspects of health and well-being. These 45-minute workshops, which support employees' in their health and well-being, are available to employers through their HMSA plans.

## HOW IT WORKS

- Contact your HMSA representative or email [workshopsurvey@hmsa.com](mailto:workshopsurvey@hmsa.com) to schedule a workshop with our team. Designate a workshop coordinator (you or someone else) from your company.
- We'll send the coordinator a Webex invitation with instructions on joining the workshop. The coordinator can forward the invitation to employees with a personal note and invitation to attend.
- The workshop includes a 30-minute of presentation and a 15-minute Q&A.
- A link to a short voluntary survey will be provided for participants to complete after each workshop.

## ONLINE WORKSHOPS

### **Balance, Bend, and Breathe**

If you're overloaded and need a break from sitting at the computer, this workshop is for you. Learn easy stretches and balancing exercises you can do whether you're working from home or at the office. We'll also guide you through a gentle chair yoga flow to help you decompress and clear your mind.

### **Digital Access to Your Care**

With your smartphone or computer, we'll walk you through HMSA's digital tools for members including HMSA's Online Care®, the Find a Doctor tool, the Check Drug Cost tool (if applicable), and more.

### **Eating on the Run: Takeout Edition**

You may be aware that fast foods tend to be high in salt, calories, and added sugars. But you may also be craving some comfort foods. In this session, we'll discuss how to find a balance between eating healthy and eating happy.

### **Eat Well**

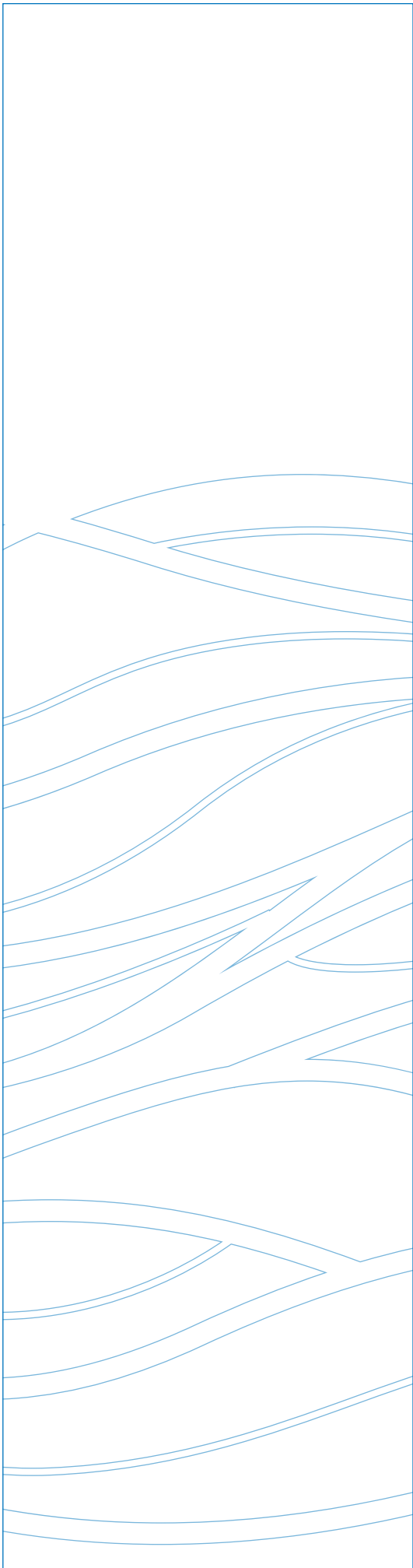
Have you ever wondered if you are what you eat? In this workshop, you'll learn how nutrition affects the body and how our food choices can reduce the risks of common chronic conditions. Healthy meals don't have to be complicated. Simple strategies like eating more plant-based meals, choosing quality whole foods, and being mindful at mealtime can help you succeed at reaching your health goals. Learn how to eat for your well-being.

### **Hearty Advice**

Heart disease is the leading cause of death in the United States. Conditions such as hypertension and high cholesterol can increase your risk of heart disease. Join us and see how physical activity, smart nutritional choices, and time for relaxation can lower your risk. You'll also learn how your cardiovascular system works and get strategies for living longer and better.

### **Stress Bucket: Coronavirus Edition**

Each of us has a limited amount of stress we can hold before overflow occurs. Plus, there are new stressors and challenges caused by the COVID-19 pandemic. Knowing how to manage and drain this stress is crucial in preventing high blood pressure, anxiety, depression, and other health conditions. Join us to learn simple and enjoyable ways to lower the volume of stress in your bucket.



### **Supermarketing!: Coronavirus Edition**

In light of recent events, we may be buying more processed foods at the grocery store. These canned, frozen, or bottled products tend to be high in sodium, fat, sugar, and calories. It's important to read, understand, and compare the nutrition facts on these foods and beverages so you can make healthier choices.

### **Well-being 101**

People often try to make lifestyle changes to improve their health. Unfortunately, these changes are often hard to make and stick to. Learn how to use the stages of change model for making achievable, lasting improvements. Taking small steps can make it easier to exercise more, eat healthier, and relieve stress.

### **Workstation Wellness: Work From Home Edition**

Are you working from home? While the commute may be more pleasant, spending hours with a makeshift workstation and a disrupted routine might be wearing you down. If certain precautions aren't taken, it could lead to increased risk of repetitive motion disorders, poor posture, eyestrain, and perhaps most dangerous—a sedentary lifestyle. Learn how to stay healthy while working from home.

Note: Work From Office Edition workshop also available.

## FAQS

### **What are the hours to schedule online workshops?**

Workshops can be scheduled between 8 a.m. to 4 p.m. based on the instructor's availability. However, we may be able to accommodate groups with different work shifts. Please contact us with your request.

### **How many participants do we need?**

We recommend a minimum of 10 and maximum of 50 participants. If participation is low, we may need to cancel or reschedule the workshop. We'll consider requests for larger groups —please ask us!

### **How do I schedule an online workshop?**

Contact your HMSA representative or email [workshopsurvey@hmsa.com](mailto:workshopsurvey@hmsa.com) and include:

- The group coordinator's name, email, and phone number.
- Workshop(s) you'd like to offer.
- Preferred date(s) and time(s) for each workshop.
- Estimated number of participants.

### **Do participants need to turn on their video during the workshop?**

No, their video will be disabled during the workshop. The instructor will also mute participants once the session begins and unmute for the Q&A.

### **What are the system requirements for Webex meetings?**

For system requirements, visit <https://help.webex.com/en-us/nki3xrq/Webex-Meetings-Suite-System-Requirements>.

### **How do I get additional help with the Webex platform?**

Visit the Webex help center at <https://help.webex.com/ld-nyw95a4-CiscoWebexMeetings/Webex-Meetings#Get-Started>. We recommend that you check with your IT team to confirm that Webex is an approved platform that will get through your organization's firewall. Systems testing is also recommended before scheduling workshops.

### **How can I test Webex to see if it works on my PC?**

To test a Webex meeting, visit <https://help.webex.com/en-us/nti2f6w/Webex-Meetings-Join-a-Test-Meeting>

For more ways to improve your health and well-being, visit [hmsa.com/well-being](https://hmsa.com/well-being).

