Wellness Central – your personal hub for health and wellness

www.myProvidence.com
Take charge of your health with Wellness Central.

We aren’t handed an owner’s manual or diagnostic tools at birth. We know when we don’t feel well, but outside of regular visits to a health care provider how can we assess, monitor and take charge of our health? How do we really know if we’re healthy?

To help, myProvidence - our secure member portal - provides a complete source for health, wellness and benefits information. It’s simple to use, easy to understand and available to Providence Health Plan members and their dependents.

**Wellness Central is your guide.**

Wellness Central, Providence’s integrated online health and wellness hub, helps you translate your health and wellness goals into meaningful action. The easy-to-use online tools allow you to identify your current health status and establish wellness-related goals, while a library of health and wellness resources gives you the information you need to achieve them.

**Know your starting point by taking a personal health assessment.**

Many members have used the personal health assessment tool to evaluate their health. By joining them, you can get a handle on where you’re doing well and where you can work to improve. For a more complete picture, include the results from your biometric screenings – cholesterol levels, blood pressure and glucose levels.

Based on the outcome of your personal health assessment and biometric screening, you will be provided with:

- An overall wellness score
- A summary of your lifestyle risk areas and health conditions
- A detailed report that outlines where and how to focus your efforts
- Recommendations for educational articles, action steps and online workshops
- Programs to help you achieve your specific health goals

Coupled with the tools and resources available within myProvidence, you now have a health and wellness blueprint to get you on your way.
Exercise

Regular exercise helps the body function better, and it keeps heart disease, diabetes and a host of other diseases at bay. It’s also a key ingredient for losing weight. Use the instructions, examples and exercise routines designed for all fitness levels to inspire you to move every day.

Track My Exercise: Find out which exercises are the most efficient at burning calories. You might be surprised at what you find—sometimes a shorter workout can burn more calories than a longer one, depending on the exercise performed and the level of intensity.

Exercise Planner: Review and select an exercise routine that corresponds to your goals, interests and fitness level. Each exercise plan has been created by certified personal trainers and features a weekly regimen of cardiovascular and strength-training exercises. You can also use the exercise planner to create your own custom exercise plan.

Exercise Examples: Want to know the correct way to do a sit-up? See animated illustrations, detailed guidelines and instruction on the fundamentals of core, lower and upper body strength and flexibility exercises.

Keeping Tabs: Wellness Central has a number of logs to help you keep track of your activities. The cardio log tracks your exercise data and information. You’ll also see the approximate amount of calories you’ve burned during your exercise. Use the steps tracker for recording and determining how active you are throughout a typical day. The strength-training log helps you develop, plan and track your exercise and get the most out of your routine.
**Nutrition**

Good nutrition is an important part of leading a healthy lifestyle. By making smart food choices, you can help protect yourself from many health problems, including heart disease, high blood pressure, Type 2 diabetes, osteoporosis and certain types of cancer. Wellness Central provides access to educational and support tools to help you take control of your nutrition.

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**My Nutritional Needs:** We all have distinct nutritional needs to achieve favorable health. With My Nutritional Needs, you’ll learn what your daily nutritional requirements are, based on your body’s unique composition.

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**My Meal Planner:** Choose from heart healthy, low carb, diabetic, vegetarian, vegan as well as other detailed meal plans to help you achieve and maintain a healthy diet.

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**Healthy Recipes:** Not sure what meals to prepare? Search for recipes by category or a specific ingredient. You can also compare the nutritional values of different recipes or enter your favorite personal recipe to find the nutritional values. Then save it to your personal recipe list.

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**Food Log:** The food log houses an inventory of the most common foods and their nutrition content – from apples to zucchini. Use the food log to track your daily food and drink consumption to see how you can improve your diet to meet your nutritional or weight-management goals.

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Get Started Today
Just log on to www.myProvidence.com and click on “Wellness Tools” then “Wellness Central.”
Education and support

The Health Library offers helpful articles and videos on topics ranging from allergies to weight management. You'll also find useful definitions of health and medical terms. Try the interactive tools to determine your risk of a heart attack or how well you cope with stress. If you’re feeling under the weather, the symptom checker can help you troubleshoot your problem before you see the doctor, and the Decision Points tools will help guide you through key health decisions, such as surgeries, medical tests, medications and other health issues.

Health tools

Tracking your fitness and health progress is one of the best ways to stay motivated. Wellness Central helps you measure your results, track your progress and see how your diet and exercise work together.

Online workshops

Now that you know what health issues to address, it’s time to take action. Whether it’s losing weight, decreasing blood pressure or kicking your smoking habit, we’ve got the tools and resources you need to help you on your path to better health.

Choose from more than 35 online Wellness Workshops that guide you through the steps to understand, address and succeed in your health-related goals. The workshop topics include stress management, coping with pain from arthritis and migraine headaches, overcoming drug and alcohol addiction as well as diabetes and cardiovascular disease prevention.

Get started today!

Just log on to www.myProvidence.com and click on “Wellness Tools” then “Wellness Central.”

Don’t have a myProvidence account?

Registration is quick and easy. Go to www.myProvidence.com and follow the on-screen steps to register. Be sure to have your Providence member ID card or special access code on hand.

For assistance, call customer service at 877-569-7768.

Congratulations on taking the first step in managing your health!
OUR MISSION
As people of Providence, we reveal God’s love for all, especially the poor and vulnerable, through our compassionate service.

OUR CORE VALUES
Respect, Compassion, Justice, Excellence, Stewardship

www.ProvidenceHealthPlan.com