

HM Care Advantage Value-Added Programs:

- **Eat Well for Life ISM** is a lifestyle improvement program promoting wellness and long-term weight management through increasing physical activity and healthy eating. Participants learn to make healthful food choices and are encouraged to adopt the nutrition practices needed to achieve a balanced lifestyle and long-term weight management.
- **Eat Well for Life IISM** is a lifestyle improvement program that focuses on planning well-balanced meals, adopting mindful eating practices, increasing physical activity and making healthful eating choices when dining out. This class follows Eat Well for Life I.
- **Discover Relaxation Within ISM** is a lifestyle improvement program to help identify and reduce individual stressors through specific relaxation techniques. This program is both educational and experiential.
- **Discover Relaxation Within IISM** is a lifestyle improvement program that expands, through practice, the specific relaxation techniques learned in Discover Relaxation Within I and teaches participants to employ the techniques in everyday life.
- **HOPESM** is a lifestyle improvement program that focuses on healthy choices to prevent or manage osteoporosis. Program components include an overview of osteoporosis, nutrition education and cooking demonstration, strength training exercises, medication options and stress management.
- **Personal Nutrition CoachingSM** is individual nutrition coaching by a registered dietitian or licensed nutritionist to address weight management, heart health or diabetes. An individualized plan is created that can be easily integrated into the individual's lifestyle. Program includes one initial and 6 follow-up visits. Children are eligible when accompanied by a parent or guardian.
- **Clear the AirSM** is a group-based tobacco cessation preparation program that provides the tools needed to get prepared, take action and quit tobacco for good. Participants receive a quit kit that includes coupons for over-the-counter nicotine replacement therapy.
- **Diabetes Prevention and EducationSM** is a lifestyle improvement program that addresses preventing and managing diabetes with valuable information whether employees are maintaining good health or have, or are at risk for, diabetes.