

HEALTH AND WELLNESS



Topics are highlighted in orange.

Courses in series (highlighted in black) are shown in order they should be viewed.

Courses are also highlighted by whether or not they have our 4tify your Learning™ feature.

Course/Topic Title	Has 4tify?
Health and Wellness	
Convenience Store Diet	Y
Optimizing Work-Life Balance	Y
Understanding Stress and Job Burnout	Y
The Benefits of Time Off	Y
Workplace Friendships	N
Digital Stress and Addiction	Y
Preparing for Pumping at Work	N
When Your Head Isn't in Work Anymore	N
Managing Time vs. Energy	N
Returning to Work After a Loss: When You've Lost a Loved One	Y
Returning to Work After a Loss: When a Coworker Loses a Loved One	Y
Building Confidence	Y
Taking a Deep Breath	N
Opioid Addiction for Employees	Y
Opioid Addiction for Managers	Y
Helping Your Employees Find Purpose	Y
Managing Your Employee's Work-Life Balance	Y
Don't Be a Calvin! (Dealing with Allergies)	N
Returning from Maternity Leave	N
Creating a Paternal Leave Policy	N
Creating a Family Leave Policy	N
Keeping Track of Your Teen While You're at Work	N
Stopping the Drama	Y
How to Beat Insomnia	Y
Know Your Numbers	
Blood Pressure	Y
Glucose	Y
Cholesterol	Y
BMI	Y
Ergonomics	
Ergonomics Basics	Y
Chairs 101	Y
Reducing Eyestrain	Y
Adjusting Your Workspace	Y
Stretching at Work	Y
Stress Management	
Understanding Stress	Y
Avoidable Stress	Y
Unavoidable Stress	Y
Handling Stress	Y
Managing Stress	Y
Deskercises	
Deskercises: Simple, Cardio, and Core	N
Deskercises: Chest, Neck, Back	N
Deskercises: Arms and Shoulders	N
Deskercises: Legs and Backside, While Sitting	N
Deskercises: Legs and Backside, While Standing	N

Course/Topic Title	Has 4tify?
You Are What You Eat	
You Are What You Eat	N
Reading Food Labels	N
Brain Food	N
Meal Planning	N
Fighting the Flu	
The Fight is On!	N
Get to Know Your Opponent	N
Gain the Upper Hand	N
Throw in the Towel	N
Call for Backup	N
Understanding Headaches	
Understanding Headaches	N
Surprise Headache Triggers	N
The Science of Sleep	
The Science of Sleep	N
Sleep Hygiene	N
How Much Sleep Do You Need?	N
Sleeping for Shift Work	N
Financial Wellness	
Creating a Budget	Y
Budget Sample	Y
Debts	Y
Savings	Y
How to Save at Home	Y
How to Save on Food	Y
How to Save on Your Car	Y
How to Save at Your Financial Institution	Y
How to Manage Your Credit Cards	Y
How to Save Using Your Employee Benefits	Y
How to Save on Subscriptions	Y
Planning for Maternity Leave	
The First Trimester	N
The Second Trimester	N
The Third Trimester	N
Mental Health	
Destigmatizing	Y
Navigating Your Own Mental Health	Y
Managing Mental Health Issues	Y