



Digital Lifestyle Programs Catalog

All programs are currently English only



Fuel

You've probably heard that food should fuel your body. We also believe food should be enjoyed with people you love being with. Add Fuel to the fire by taking simple, do-able steps to boost nutrition, and learn more about healthy foods and vibrant living. Manage your nutrition by setting individual goals, learning about nutrition basics, and tracking your progress. Set your own pace and Fuel up by focusing on what's most important to you.



Giddy Up

It may sound backwards, but being physically active can actually give you more energy! Learn how to start and maintain a physical activity routine you love and that makes you feel great. Giddy Up starts at your current level and helps you build up to where you want to be. Set individual goals, learn the basics, track your progress, and stay motivated by progressing through three levels. Step up your exercise routine and feel a little more Giddy Up in your go!



Calm

Wellbeing requires care for body, mind, and spirit. Explore each of these pillars of overall health and see how mindfulness, sleep, etc. fit into maintaining a calm energy throughout your day. Fight stress and keep Calm – you'll probably find that your competitive edge is sharpened, not softened, by lowering anxiety and taking a more productive mental approach to life.



The Last Puff

Take the first steps toward quitting tobacco, whether it's your first attempt or whether you've tried and failed in the past. The Last Puff breaks tobacco cessation into manageable steps, allowing you to go at your own pace. Get the resources, knowledge, and motivation you need to succeed. Let's quit tobacco, together.



Belong

Research suggests that a strong social network can lengthen life, boost physical and mental health, and lower risk of dementia. In Belong, strengthen your most important relationships by setting individualized goals, learning about the difference a strong network can make, and tracking your progress. Set your own pace and focus on what's most important to you. Let's party!



Head On

If you're looking for helpful tips to deal with mood, anxiety, or depression, Head On is the program for you. Explore effective ways to help yourself or a loved one cope with depression or anxiety. Set individualized goals, learn effective tools to improve mental health, and learn how to help others improve their mental health as well. Anxiety and depression will affect most of us at some point, either directly or indirectly, so get the resources you need to face it Head On.



Attention

Want more success with less stress? Focus! Explore ways to manage your attention to boost your productivity (and wellbeing!). Focus on what matters most. We'll use basic mindfulness practices to help you feel better and be more productive, while working at your own pace and setting your own individualized goals. Manage your attention, and you can manage your days.



Save Up

Explore the basics of personal finance! Reduce stress by working toward financial control and make your money work for you - not the other way around. Start by evaluating your current finances, then set your individualized goals, and get daily prompts and motivation to set you up for success. We break down financial security into easy-to-follow steps to help you Save Up for the most important life events. Ready, set, save!