

## Risk Reduction Guide

There are many wellness interventions your organization can implement to address the top risk factors identified in this report. Better You offers interventions for all major risk factors in three formats – onsite, online and telephonically. Many community programs and organizations may be useful.



### Physical Activity

- ▶ Healthy Words of Wisdom on Physical Activity
- ▶ Onsite or web-based wellness presentations on various physical activity topics
- ▶ On-demand webinars on various physical activity topics
- ▶ Better You Strides programs for physical activity available through desktop or mobile app
- ▶ Centers for Disease Control: [www.cdc.gov/physicalactivity](http://www.cdc.gov/physicalactivity)
- ▶ USD of Health and Human Services: [www.health.gov/paguidelines](http://www.health.gov/paguidelines)
- ▶ Walking groups or challenges
- ▶ Participate in National Walk at Lunch Day
- ▶ Independent physical activity programs and team challenges
- ▶ Onsite or virtual fitness classes led by community fitness professionals
- ▶ Follow free Florida Blue Center live fitness classes on [Facebook](https://www.facebook.com/FloridaBlueCenter)



### Nutrition

- ▶ Healthy Words of Wisdom on Nutrition
- ▶ Onsite or web-based wellness presentations on various nutrition topics
- ▶ On-demand webinars on various nutrition topics
- ▶ Better You Strides programs for nutrition available through desktop or mobile app
- ▶ Weight Watchers Reimagined Virtual Program [www.weightwatchers.com](http://www.weightwatchers.com)
- ▶ MyPlate: [www.MyPlate.gov](http://www.MyPlate.gov)
- ▶ Academy of Nutrition and Dietetics: [www.eatright.org](http://www.eatright.org)
- ▶ Let's Eat Healthy: [www.healthyeating.org](http://www.healthyeating.org)



### Body Mass Index

- ▶ Healthy Words of Wisdom on Weight Management, Nutrition and Physical Activity
- ▶ Onsite or web-based wellness presentations on weight management, nutrition and physical activity
- ▶ On-demand webinars on weight management, nutrition and physical activity
- ▶ Better You Strides programs for weight management, nutrition, and physical activity available through desktop or mobile app
- ▶ Weight Watchers Reimagines Virtual Program [www.weightwatchers.com](http://www.weightwatchers.com)
- ▶ MyPlate: [www.MyPlate.gov](http://www.MyPlate.gov)
- ▶ Overeaters Anonymous: [www.aa.org](http://www.aa.org)



### Blood Pressure

- ▶ Healthy Words of Wisdom on Blood Pressure
- ▶ Onsite or web-based wellness presentations on blood pressure and heart health
- ▶ On-demand webinars on blood pressure and heart health
- ▶ Better You Strides programs for blood pressure available through desktop or mobile app
- ▶ Florida Blue Center blood pressure screening
- ▶ Dietary Approach to Stop Hypertension (DASH) <https://www.nhlbi.nih.gov/education/dash-eating-plan>
- ▶ American Heart Association: [www.heart.org](http://www.heart.org)



### Cholesterol Ratio

- ▶ Healthy Words of Wisdom on Cholesterol
- ▶ Onsite or web-based wellness presentations on cholesterol and heart health
- ▶ On-demand webinars on cholesterol and heart health
- ▶ Better You Strides programs for cholesterol available through desktop or mobile app
- ▶ Florida Blue Center blood pressure screening
- ▶ American Heart Association: [www.heart.org](http://www.heart.org)
- ▶ The National Coalition of Women with Heart Disease: [www.womenheart.org](http://www.womenheart.org)



### Diabetes

- ▶ Healthy Words of Wisdom on Diabetes
- ▶ Onsite or web-based presentations on diabetes prevention and management
- ▶ On-demand webinars on diabetes and diabetes prevention
- ▶ Better You Strides programs for diabetes via desktop or mobile app
- ▶ Florida Blue Center blood glucose screening
- ▶ American Diabetes Association: [www.diabetes.org](http://www.diabetes.org)

# Risk Reduction Guide



## Stress

- ▶ Healthy Words of Wisdom on Stress Management
- ▶ Onsite or web-based wellness presentations on stress management
- ▶ On-demand webinars on stress management
- ▶ Better You Strides programs for stress and stress management available through desktop or mobile app
- ▶ Call 877-352-5830 to be routed to your local Florida Blue Center team. Chat with a Community Specialist licensed clinical social worker.
- ▶ Institute of Stress: [www.stress.org](http://www.stress.org)
- ▶ Internal Employee Assistance Program (EAP)
- ▶ Onsite or virtual Yoga or Meditation classes led by certified community professionals



## Depression

- ▶ Healthy Words of Wisdom on Depression and Stress Management
- ▶ Onsite or web-based wellness presentations on depression and stress
- ▶ On-demand webinars on depression and stress management
- ▶ Better You Strides programs for depression and stress management available through desktop or mobile app
- ▶ Call 877-352-5830 to be routed to your local Florida Blue Center team. Chat with a Community Specialist licensed clinical social worker.
- ▶ Internal Employee Assistance Program (EAP)
- ▶ Workplace Mental Health: [www.workplacementalhealth.org](http://www.workplacementalhealth.org)



## Nicotine

- ▶ Healthy Words of Wisdom on Nicotine Dependence
- ▶ Healthy Words of Wisdom on Vaping
- ▶ Onsite or web-based wellness presentations, or on-demand webinars on tobacco use and preventive care
- ▶ On-demand webinars on tobacco
- ▶ Better You Strides programs for tobacco cessation available through desktop or mobile app
- ▶ American Lung Association: [www.lung.org](http://www.lung.org)
- ▶ Florida Area Health Education Center (AHEC): [www.ahectobacco.com](http://www.ahectobacco.com)
- ▶ Tobacco Free Florida / Florida Quit Line: 1-800-U-Can-Now or [www.tobaccofreeflorida.com](http://www.tobaccofreeflorida.com)
- ▶ US Department of HHS Tobacco Cessation website: [www.betobaccofree.gov](http://www.betobaccofree.gov)
- ▶ American Cancer Society: [www.cancer.org](http://www.cancer.org)



## Alcohol

- ▶ On-demand webinars on stress management and mental well-being
- ▶ Better You Strides programs for alcohol available through desktop or mobile app
- ▶ Internal Employee Assistance Program (EAP)
- ▶ Alcoholics Anonymous: [www.aa.org](http://www.aa.org)



## Preventive Health

- ▶ Healthy Words of Wisdom on Men's health and Women's health
- ▶ General Wellness Guidelines for adults and children
- ▶ Onsite or web-based wellness presentations on preventive care, men's health, women's health heart healthy living
- ▶ On-demand webinars on preventive care
- ▶ Better You Strides programs for preventive health available through desktop or mobile app
- ▶ Promote or incentivize annual screenings
- ▶ Centers for Disease Control: [www.cdc.gov](http://www.cdc.gov)
- ▶ American Cancer Society: [www.cancer.org](http://www.cancer.org)
- ▶ USPSTF: [www.uspreventiveservicestaskforce.org](http://www.uspreventiveservicestaskforce.org)



## Pregnancy

- ▶ Healthy Addition® Prenatal Program: Free program for expectant mothers that provides risk screening, monitoring, education, information and emotional support during pregnancy 1-800-955-7635, option 6 or [healthyaddition@floridablue.com](mailto:healthyaddition@floridablue.com)
- ▶ Healthy Words of Wisdom on Pregnancy
- ▶ On-demand webinar on Healthy Addition and high-risk pregnancy indicators
- ▶ Better You Strides programs for pregnancy available through desktop or mobile app
- ▶ March of Dimes: [www.marchofdimes.com](http://www.marchofdimes.com)
- ▶ The American College of Obstetricians and Gynecologists: [www.acog.org](http://www.acog.org)
- ▶ American Academy of Pediatrics: [www.aap.org](http://www.aap.org)

FloridaBlue.com Member Portal gives access to benefits, personal health statements, claims status, ID cards and tools designed to help make wise healthcare choices. [www.floridablue.com](http://www.floridablue.com)



Discounts up to 60% for fitness clubs, exercise equipment, contact lenses/glasses, nutrition and weight management programs, massages, vitamins and more. [www.blue365deals.com/user/register](http://www.blue365deals.com/user/register)



Individual coaching with a dedicated registered nurse health coach for assistance making lasting behavior change in virtually any area of health. (800) 477-3736 ext. 54837 or email [nextsteps@floridablue.com](mailto:nextsteps@floridablue.com)